

## Cardiac Rehabilitation Centre

Frontier lifeline hospital offers a complete spectrum of cardio-pulmonary rehabilitation and fitness programme to meet the individual needs of the patients. A wide range of programmes are taken care of .

### **Phase one: In Patients Cardiac Rehabilitation.**

The first phase is offered to patients who had sustained heart attacks{Myocardial infarction), angina, patients, who undergo interventional procedures such as angioplasty etc ,postcardiac surgical patients such as (open and closed heart procedures). In this phase, patients receive rehabilitation at critical care unit, intensive care and wards. Our Cardiac Rehabilitation and Fitness Programme team begin gradual exercises by making the patient to sit up in the chair and aid them to perform range of motion exercises such as neck, upper limb, lower limb & trunk exercise.



## **Phase Two; Out Patient Cardiac Rehabilitation**

Once patients are discharged from the hospital, the goal is to educate them to exercise properly in order to;

- improve cardio vascular status
- modify all cardiac risk factors

and the duration of phase two is anywhere from 1 to 12 weeks.



## **Phase three; The Maintenance Phase.**

Patients gradually progress from phase two to phase three and continue to exercise in the gym and learn to monitor their own heart rate and blood pressure. The Cardiac Rehabilitation staff continues to supervise the program periodically.

## **Phase Four on going long-term programme**

The goals of phase IV include continued improvement and maintenance of fitness, and the program may include both cardiac patients and healthy adults.

## **Counselling**

You will get to understand more about your own condition as well as learn how to modify and adjust to a new life style through our educational sessions which are planned to suit your individual needs. Being well informed will help you reduce the risk of future heart problems.



### **Stress & Yoga Therapy**

Stress is a common condition, a response to a physical threat (or) psychological distress, that generates a host of chemical and hormonal reaction in the body. In essence, the body prepares to fight (or) flee, pumping more blood to the heart and muscles and shutting down all non-essential function. Practicing “**Yoga**” alleviates stress and it produces remarkable effects in human system.. The practices recommended a range from intense to moderate to relaxed asana sequences, in conjunction with pranayama, and meditation.

### **Obesity Management**

Obesity is an excess of body fat that frequently results in a significant impairment of health. Obesity results when the size or number of fat cells in a person’s body increases. One pound of body fat represents about 3500 Kilo calories. A normal –sized person has between 30 and 35 billion fat cells. When a person gains weight, these fat cells first increase in size and later in number. A better method was developed that more closely correlates with body fat and the metabolic complication of obesity. We offer a holistic approach for weight reduction and management .



### **Pulmonary Rehabilitation**

Pulmonary Rehabilitation is a multi-dimensional continuum of services directed to persons with pulmonary disease and their families, usually by an interdisciplinary team of specialists, with the goal of achieving and maintaining the individuals maximum level of independence and functioning in the community.



# Diabetes, Hypertension & Cardio-Vascular Disease in Yoga Therapy

## THE HEART OF THE MATTER

The prevalence of coronary artery disease is increasing rapidly in our country and is expected to assume epidemic proportions soon. Advances in therapy address effectively the problems, however they are expensive and are beyond the reach of the majority of patients. Besides, these procedures are focused upon treating the manifestations of the disease, and not the underlying causes of the disease.

## **Yoga**

Yoga, derived from a Sanskrit word meaning “union”, is a spiritual practice that uses the body, breath, and mind to energize and balance the whole person. **Pranayama** is breath control; it is intimately linked with oxygenation of blood and therefore has effects which reach right down to the cellular level thereby improving the functions of all body systems. **Asana**, provides a gentle workout that enhances strength, flexibility, balance, to improve circulation, hormone function and digestion. **Meditation** stills the mind, induces both physical and emotional relaxation, reduces blood pressure, chronic pain, anxiety and cholesterol levels. Yoga therapy refers to the treatment of diseases by means of yogic exercises which may be physical mental (or) both.



## Health Benefits of Yoga

Yogic therapy is very simple, cost effective, improves fitness, lowers blood pressure, promotes relaxation and self-confidence, reduces stress and anxiety. People who practice yoga tend to have good coordination, posture, flexibility, range of motion, concentration, sleep habits and digestion.

Yogasananas may directly rejuvenate cells of the pancreas as a result of which there may be an increase in utilization and metabolism of glucose hence preventing diabetes. Yogasananas in hypertensive patients reduce the sympathetic activity and decreased the release of neurotransmitter from the brain.



Asanas, pranayama, and meditation shifts the body towards a relative parasympathetic dominance, thereby conserving and restoring bodily resources and energies.

Yogic breathing techniques may help eliminate and prevent heart attacks by suppressing the abnormal electrical events of the heart. Yoga is recommended following cardiac event, because yoga can improve respiratory function, reduce stress, strengthen weak muscles and promote healing.

Yoga & Meditation improves blood vessel function and endothelial cell function, thus reduce blood pressure, lower the pulse rate, improve the elasticity of the arteries and may reduce the amount of fatty deposit in the arteries. In cardiac patients, exercise can be irritating due to the stress and a quickened heart beat. However, yoga for them is invigorating due to a lesser cardiac and respiratory work load. Yogic postures and breathing exercises can increase the cellular oxygen supply improving the function of both the cardio vascular & respiratory system. If practiced regularly, yoga it can prevent cardio-vascular diseases and helps during cardiac rehabilitation also it helps immensely



**Who requires yoga?**

All individuals will benefit from yoga, especially cardiac patients, and those recovering following cardiac surgery.

**REHABILITATION CENTRE:**

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