

PUBLICATIONS

INFLUENCE OF AN INDIVIDUALIZED PHYSICAL REHABILITATION PROGRAM ON DAILY ACTIVITY AND CLINICAL MANIFESTATIONS IN PATIENTS AFTER ACUTE MYOCARDIAL INFARCTION

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To evaluate the effect of an individualized physical rehabilitation program, designed taking into account the patient's severity class, on the level of daily physical activity and the severity of clinical manifestations after acute myocardial infarction.

A prospective controlled study (2021–2024) included 253 patients with AMI. The standard recommendations group (n=183) received verbal instruction; the individualized recommendations group (n=70) received a written plan taking into account the severity class, load stages, walking distances, and the time frames for achieving them. Walking level and symptoms of angina/CHF without hospitalization were assessed at 12 months.

Walking ≥ 3 km/day was observed in 28.6% of patients in the individualized recommendations group versus 10.9% in the standard group ($p=0.001$). A sedentary regime (<1 km/day) was noted in 21.4% versus 46.4% ($p<0.001$). Angina without hospitalization: 7.1% versus 18.6% ($p=0.024$); CHF symptoms without hospitalization: 5.7% versus 17.5% ($p=0.016$).

An individualized physical rehabilitation program with a specific exercise schedule was associated with a higher level of daily activity and a lower frequency of symptoms that limit quality of life after AMI.