

# Cardiac rehabilitation in patients after percutaneous coronary intervention



## Patient assessment

- Clinical history
- Physical examination
- Psychological and social aspects
- Blood testing
- Electrocardiogram
- Cardiovascular imaging
- Frailty assessment
- Peak exercise capacity

## Physical activity counselling

## Exercise training

- Aerobic exercise training
- Resistance exercise training

## Education

Weight control management

Risk factors management

Diet counselling

Psychosocial management



# Cardiac Rehabilitation Exercise Leadership

**Clifford Lane**



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