



Our Services Meeting Your Heart Health Needs

1. Phase I.: Pre-operative Education and Hospitalization

1.1 Preoperative Education: preparing for surgery

Before heart surgery, our physical therapists will provide you with preoperative education that includes learning breathing techniques and customized exercises. This education aims to prepare your body and mind for the upcoming surgery while reducing the risk of postoperative complications.

1.2 Recovering After Heart Surgery: Your Road to a Healthy Heart

During the recovery process following heart surgery, there are various phases that are aimed at promoting a smooth and successful recovery.

1.2.1 In the Cardiac Care Unit (CCU) Phase: Early mobilization is crucial to reduce the risk of pulmonary complications.

1.2.2 In the General Ward Phase: Physical therapists lead gentle aerobic and breathing exercises to facilitate early recovery from daily activities.

1.2.3 During the Discharge Preparation Phase:

1.2.3.1 Enhancing in light aerobic exercises is highly recommended to enhance your cardiorespiratory fitness and prepare you for your return home.

1.2.3.2 Starting breathing and stretching exercises early on is crucial to minimize the risk of pulmonary complications.

1.2.3.3 Early mobilization is strongly encouraged to reduce the potential complications associated with prolonged bed rest.

2. Phase II.: Golden Recovery Period

Seize the golden opportunity for cardiorespiratory function recovery by engaging in regular exercise under monitoring within one to three months after



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discharge.

- 2.1 Exercise Testing: An exercise test is conducted before starting the cardiac rehabilitation programs to assess the extent of recovery in postoperative cardiorespiratory function after heart surgery.
- 2.2 Cardiorespiratory Rehab.: To safely improve cardiorespiratory function and aide in recovery, it is recommended to set personalized goals and use equipment like an electrocardiogram, blood pressure monitor, and pulse oximeter during exercise while under the supervision of a physical therapist.
- 2.3 Group Sessions:
 - 2.3.1 Basic Class: The class, developed by physical therapists, is designed to train muscle endurance, joint mobility, and respiratory regulation. Through participation, you may experience improved exercise performance and reduced respiratory symptoms during physical activity.
 - 2.3.2 Advanced Class: After participating in the basic class for a period of time, the training program is enhanced by incorporating six types of auxiliary equipment. This increases the challenge and variety of the class, resulting in significant improvements in body balance, coordination, and overall movement performance, allowing individuals to take their exercise abilities to the next level.
- 2.4 Body Awakening Pilates: The class centers around Pilates and emphasizes the importance of breath control, core muscle activation, spine extension, integration of the shoulder-neck joint, and proper alignment and weight bearing between the upper and lower body. By prioritizing the coordination and integration of muscles throughout the body, this class can promote detailed body movements, reduce lower

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back pain, and improve respiratory function. This class emphasizes three key components: breath control, core muscle control, and body alignment.

3. Phase III. Advanced Training Phase

Group Sessions:

- 3.1 Interactive/Circuit/Energetic Training Aerobics: The class incorporates a variety of equipment to enhance cardiorespiratory function and improve muscle endurance throughout the body.
- 3.2 Pilates with Stability Equipment: You can exercise in a secure and comfortable environment, fostering healthy exercise habits and promoting long-term physical well-being.
- 3.3 The Care-to-Help-Patient-Wellbeing Unit provides regular follow-ups to help you maintain your exercise routine and gain knowledge about long-term body health maintenance.