



Exercise Prescription for the High Risk Cardiac Patient

Ray Squires

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Exercise Prescription for the High-Risk Cardiac Patient is the first book to provide comprehensive coverage of exercise prescription for chronic heart failure and myocardial ischemia. Dr. Ray W. Squires, director of the Cardiovascular Health Clinic at the Mayo Clinic, reviews the disease processes, basic treatment, exercise physiology, and outpatient exercise rehabilitation of patients with chronic left ventricular dysfunction, myocardial ischemia, or both. Specific case examples are included to illustrate the practical aspects of assessment and formulation of rehabilitation plans.

Exercise training provides critical benefits for most cardiac patients. *Exercise Prescription for the High-Risk Cardiac Patient* offers in-depth information to help high-risk patients see improvement in areas such as aerobic exercise capacity, symptoms, and morbidity and mortality.

Exercise Prescription for the High-Risk Cardiac Patient is organized into five chapters: defining the high-risk patient, pathophysiology and treatment options, responses to acute exercise and exercise testing, benefits of exercise training, and suggestions for exercise programming.

Complete with dozens of helpful figures and tables, this book is specifically designed for cardiac rehabilitation specialists--MDs, nurses, physical therapists, and exercise physiologists.

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