

## Abstract

### Keywords:

Cardiac rehabilitation, exercise training, functional recovery, heart surgery, post-operative recovery.

### Introduction

Cardiac rehabilitation (CR) is a structured program of exercise and education designed to improve the physical and psychological health of individuals with cardiovascular disease (1,2). Following heart surgery, patients often experience functional impairment and reduced quality of life. CR has been shown to improve functional capacity, reduce mortality, and enhance quality of life in this population (3). However, the optimal timing and intensity of exercise training post-surgery remain unclear. This study aims to evaluate the role of exercise training in cardiac rehabilitation for optimizing functional recovery after heart surgery.

The study was conducted in a tertiary care hospital. A total of 100 patients were enrolled in the study. The patients were divided into two groups: the control group and the exercise training group. The control group received standard medical care, while the exercise training group received a structured exercise program. The primary outcome was functional recovery, measured by the 6-minute walk test (6MWT). Secondary outcomes included quality of life, measured by the EuroQOL-5D, and mortality. The study was conducted over a period of 12 weeks. The results showed that the exercise training group had significantly better functional recovery compared to the control group. The 6MWT distance was significantly higher in the exercise training group at 12 weeks. There was no significant difference in mortality between the two groups. The quality of life was significantly better in the exercise training group at 12 weeks.

**\*Corresponding author:** Swati Sahoo, Un Mehta Institute of Cardiology and Research Centre, B J Medical College, India, E-mail: swatisahoo.ss.22@gmail.com

**Received:** 05-Nov-2024, Manuscript No: jcpr-25-157673, **Editor Assigned:** 11-Nov-2024, pre QC No: jcpr-25-157673 (PQ), **Reviewed:** 18-Nov-2024, QC No: jcpr-25-157673, **Revised:** 25-Nov-2024, Manuscript No: jcpr-25-157673 (R), **Published:** 29-Nov-2024, DOI: 10.4172/jcpr.1000286

**Citation:** Swati S (2024) The Role of Exercise Training in Cardiac Rehabilitation: Optimizing Functional Recovery after Heart Surgery. J Card Pulm Rehabi 8: 286.

**Copyright:** © 2024 Swati S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

25.

26.

27.

28.

29.

30.

31.

32.

33.

34.

35.

36.

37.

38.

39.

40.

41.

42.

43.

44.

45.

46.

47.

48.

49.

50.

51.

52.

53.

54.

55.

56.

57.

58.

59.

60.

61.

62.

63.

64.

65.

66.

67.

68.

69.

70.

71.

72.

73.

74.

75.

76.

77.

78.

79.

80.

81.

82.

83.

84.

85.

86.

87.

88.

89.

90.

91.

92.

93.

94.

95.

96.

97.

98.

99.

100.

0.05.

...

...

## Discussion

...

...

...

...

...

...

...

...

...

...

...

...

...

## Conclusion

...

