

Exercise-based heart recovery: benefits for patients recovering from bypass grafting of the coronary arteries.

Zvana Kurnama

Faculty of Medicine, Duta Wacana Christian University, Yogyakarta, Indonesia.

*Corresponding Author :

Zvana Kurnama, Faculty of Medicine, Duta Wacana Christian University, Yogyakarta, Indonesia.

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ABSTRACT

Patients going through coronary supply route sidestep joining (CABG) have a gamble of postoperative confusions bringing about lengthy medical clinic stays and even demise. In patients going through CABG, heart recovery is perceived as a fundamental assistant treatment for optional avoidance. Empowering exercise-based cardiovascular restoration could assist with accelerating the postoperative recuperation process, decline in-clinic stay, forestall complexities, and lessen general wellbeing costs. Work out based cardiovascular recovery in both pre and post CABG medical procedure, comprise of activity or actual work, schooling and directing, inspiratory strength muscle molding, compelling hack works out, chest physiotherapy, breathing activities, and aerobic for respiratory muscle extending. This writing survey expects to break down the activity based heart recuperation of patients going through CABG and its belongings with regards to physiological and clinical rules, like cardiovascular results, vigorous capacity, personal satisfaction, and mortality.

KEYWORDS : *Cardiac rehabilitation; Coronary artery bypass grafting; Exercise; Physical activity*

INTRODUCTION

Coronary course sickness (computer aided design) is a cardiovascular irregularity brought about by limiting or blocking coronary veins that supply blood to the heart. Computer aided design is one of the cardiovascular illnesses (CVD) liable for 85% passing worldwide.¹ Since the 1960s, coronary course sidestep uniting (CABG) has been proceeded as an overall medical procedure to invigorate blood supply in stenotic coronary arteries.² The gamble of future ischaemic occasions that could stretch out to atherosclerosis in the joined veins can likewise be available in patients who have had CABG.^{3,4} Different issues that frequently happen after CABG are torment, sputum develops, bronchopneumonia, pleural emanation, pericardial emission, muscle fit, lower limit edema (assuming the unite is taken from the lower furthest point), and careful scar contamination. A few patients might experience issues getting back to regular everyday existence because of muscle shortcoming after medical procedure because of dormancy and the misguided judgment that action ought to be restricted. This reason can at last damage the patient personal satisfaction and mental status.⁵⁻⁷

Heart recovery (CR) enjoys shown huge benefits for post CABG patients. These benefits incorporate >30% mortality reduction,⁸ acknowledgment pace of profits to typical dialy life,⁹⁻¹¹ diminished major cardiovascular gamble factors indication, including dyslipidemia, hypertension (BP), smoking, hyperglycemia,¹² and unfavorable mental outcomes.^{13,14} In this way CR is urgent to keep up with positive outcomes and keep a solid life after medical procedure.

A few methodologies are engaged with heart recuperations, like routine actual activity, clinical treatment (e.g., drugs), adjusted diet, risk factor the board training, and stress management.^{14,15} This writing survey means to depict work out based cardiovascular restoration in patients going through CABG medical procedure.

Physiology of physical activity

The physiology of actual activity utilizes a few fundamental standards and the accompanying terms:

- actual work as body development
- high-impact actual activity that accentuates the oxygen transport framework
- aerobic exercise which accentuates the outer muscle framework
- rehearsed exercise to fortify the cardiovascular capability (oxygen consuming) or outer muscle framework (obstruction)

Two fundamental kinds of actual activity are proposed in computer aided design patients, including persistent high-impact preparing (Feline) and stretch oxygen consuming preparation (IAT). These two activities show valuable wellbeing impacts. Feline purposes the consistent state practice technique, and IAT utilizes an equilibrium or equivalent period among work and rest.¹⁶

Myocardial oxygen take-up (MO₂), ventilation edge (VT), and in general oxygen take-up (VO₂) are three factors significant for grasping the physiology of active work. VO₂ is how much oxygen ingested during actual work, and this action protects a nearby relationship with how much energy utilized. The general capability of activity is estimated as the by and large VO₂ (VO₂ max), demonstrating the greatest oxygen conveyed during exercise before dyspnea or exhaustion is diminished. This action surveys the heart, cardiovascular and solid skeletal frameworks. The term VO₂ pinnacle ought to be leaned toward when patients don't surpass their VO₂ max.¹⁷ In individuals who are conscious very still, the metabolic same (MET) is characterized as the requirement for oxygen. MET is 3.5 ml/kg body weight/min same. At the point when patients don't arrive at their VO₂ max, and the term VO₂ pinnacle ought to be liked. VO₂ top is the most significant level accomplished by patients on the off chance that they don't meet the VO₂ max criteria.¹⁷ A metabolic same (MET) is characterized as the oxygen interest in people who are conscious very still. MET is equivalent to 3.5 ml/kg body weight/min. By duplicating the pulse (HR) and systolic BP, MO₂ can be estimated. MO₂ is resolved not by outside work-level readiness but rather by arrangement work speed contrasted with full preparation capacity. VT is the VO₂ bend's dissimilarity and the carbon dioxide (VCO₂) creation bend, which is because of lactic corrosive creation. Preparing opposition is shown by VT, which mirrors the most noteworthy consistent working pace

that can be supported during submaximal work out.

Cardiac Rehabilitation edge post-CABG

Heart recovery focuses harder on current clinical status and cardiovascular siphons, for example, left ventricular launch division (LVEF). During hospitalization, treadmill or hence cycle checking isn't consistently performed. It is unsatisfactory to stop practice in light of most extreme HR. Also, beta-blocker treatment is given to most patients, yet their HR reaction to exercise will diminish. A few clinical rules, like BP varieties, indications of arrhythmia, dyspnea (Borg scale > 14), rales, syncope or pre-syncope, and angina or claudication, ought to be considered during exercise. Additionally, for careful sewing, chest area development ought to be safeguarded for a long time. Three or four months push-ups and other exhausting activities s required. To assess standard perfusion after CABG, a few doctors need utilitarian imaging tests, for example, cardiovascular scintigraphy. Scintigraphy can be performed with pharmacological pressure or treadmill test. This information might be seen as valuable data on cardiovascular physiological status, for example, chronotropic balance, greatest HR accomplished, METs and VO₂,^{16,18} whether the estimation is directed in blend with a treadmill assessment.

Cardiovascular recovery is an extensive long haul administration that incorporates clinical assessment, recommending works out, changing heart risk factors, schooling, directing, and conduct intercession. The job of CR has begun since the pre-CABG technique and went on after the CABG strategy. The objectives of CR incorporate returning patients to ideal physical, mental, social, and professional circumstances, expanding their useful limit, expanding coronary blood stream/security framework, working on the effectiveness of the cardiovascular framework, further developing gamble factors, expanding day to day existence exercises, and expanding personal satisfaction. Customarily, the CR program can be partitioned into a few stages: Stage I performed when the patient was owned up to the clinic previously, and after CABG, stage II to progressively eliminate III/IV was conveyed by post-CABG patients who had been released from the medical clinic which could be gainful for forestalling repeat.

Phase I Recovery (ongoing stage)

During the hospitalization, stage I was done. This stage's center is to guarantee that the patient is released in the best mental

and actual state. Recovery in Stage I will bring a solid and effective life for the patient. In this step, a blend of active work of moderate force and stress control techniques and chance elements schooling is illustrated. Because of improvement of clinical treatment and additionally use of interventional methods, stage 1 beginnings after the patient is thought of as clinically skillful. Attributable to more limited hospitalizations, the length of this stage has declined in ongoing years.^{16,18} Parting Stage I into two stages: pre-and post-CABG operation is likewise conceivable.

Pre-CABG method

The objective of pre-CABG restoration is to forestall post-CABG complexities, particularly pneumonic intricacies. The upsides of pre-restoration in CABG patients are diminishing the span of purpose of the ventilator, decreasing pneumonic difficulties, and further developing lung capability. This restoration program is different for every patient, which is individualized. Preceding recovery, patients can be assessed first utilizing a 6-minute strolling test (6MWT). The goal of 6MWT is to decide the patient's utilitarian capacity utilizing METs units. The evaluation strategy is by estimating the distance gone by the patient strolling in a foreordained field in something like 6 minutes, then changed over completely to the VO₂max esteem and METs unit esteem. By realizing the patient's utilitarian limit as communicated by METs, an activity program can be endorsed. Cardiovascular restoration programs that should be possible pre-CABG incorporate chest physiotherapy, breathing activities comprising of profound breathing activities and diaphragmatic breathing activities, motivator spirometry works out, hack activities, and adaptability practices for the head, neck, shoulder joints, upper and lower limits.

Post-CABG methodology

The restoration program starts with a patient evaluation and instructs the patient that the activity is expected to forestall postoperative confusions. Psychosocial the board is likewise expected to deal with the patient's brain science, uneasiness, or apprehension about development after CABG. Early assembly and actual activity reconditioning are fundamental to reestablish and work on the state of practical capacities and forestall confusions because of delayed bed rest. It is vital to realize that prior to working out, we should focus on risk factors, in particular pulse, lipid profile, glucose, whether the patient is a smoker or large. Here likewise needs nourishing directing to further

develop risk factors, word related treatment to help fitting actual work, and give professional suggestions as indicated by practical limit progress. Preparation and activities are done when the patient's condition is steady, including no new/repeating chest torment in the past 8 hours, HR and electrocardiogram (ECG) are typical and stable in the past 8 hours, no indication of decompensated cardiovascular breakdown (e.g., dyspnea), no rise of heart marker compounds (CK-MB or troponin). Kinds of actual activity for Stage I in post-CABG patients incorporate breathing activities and chest development, hacking activities to clear the sputum, motivation spirometry work out, expansive movement practices for the upper and lower furthest points, broad activities for neck and shoulder joint movement, lower leg siphoning works out (particularly while uniting taken from the lower leg), versatility endlessly preparing exercises of day to day existence. The objective of actual preparation in Stage I is essentially to accomplish the objective of everyday living Actual preparation load utilizing solution as indicated by FITT (recurrence, force, time, type). The recurrence is given 2-3 times each day. The power relates to resting HR+20 beats each moment (bpm) and rating of seen effort (RPE) 10-11. Time/length 10-20 minutes, discontinuous, and the heap is expanded step by step. During actual activity, circulatory strain, HR, ECG, O₂ immersion, heart side effects, for example, chest torment, palpitations, snugness, and weariness ought to be checked.

Early preparation steps in post-CABG patients can be performed, as introduced in Table 1.19 Standards for actual activity ought to be halted on the off chance that there are any of the accompanying signs: an expansion in systolic circulatory strain more prominent than 40 mmHg or a reduction more noteworthy than 10 mmHg; HR expanded by in excess of 30 bpm or HR more prominent than 130 bpm; ventricular/atrial arrhythmias, first or second-degree atrioventricular block; practice prejudice, angina pectoris, dyspnea, palpitations; Ischemia is caused by changes in the ECG. The patient's functional capacity must be assessed using the 6MWT before they are allowed to leave the hospital in order to identify safe daily activities. Likewise, instruction is additionally given on the change of life propensities before medical procedure for optional anticipation, including routine vigorous activity, BP control, glucose and cholesterol levels, smoking discontinuance, and stress the board.

Stage II Restoration (short term stage)

Stage II is the first out-of-clinic preparing step. This stage begins not long after as well as a couple of days after release, typically

inside 1-3 weeks, with actual work management. Stage II span is generally 3-6 months, and at times, perhaps longer. This stage is completed in a clinic rec center or other climate reasonable for actual preparation. Specialists, physiotherapists, actual schooling professionals,. Stage II works with a physiotherapist or potentially actual clinicians, nutritionists, and specialists ought to be important for the ideal group instruction educator directing reasonable for actual preparation. Specialists, physiotherapists, actual instruction experts,. Stage II works with a physiotherapist as well as physical part of the ideal group instruction instructor managing meetings. In terms of frequency, strength, duration, training modality, and development, the training schedule must be individualized. Notwithstanding the probability of guaranteeing oxygen immersion, ECG testing, and blood glucose evaluation, there ought to in any case be means to work out exact HR and BP. This cycle likewise includes an effort program designated at conduct change, zeroing in on diet re-training and smoking end approaches.^{16,18} The objectives of this Stage II are executing an activity program, protected and viable active work, managing and observing for the identification of changes in clinical status, getting back to day to day, work, and sporting exercises or adjustment as per clinical status, and teaching patients and families to streamline auxiliary counteraction with way of life alterations.

Kinds of preparing given in this stage incorporate perseverance and opposition preparing. Exercise can be given after an activity stress test. The activity stress test results can be utilized for advising with respect to everyday exercises at home, work, and sporting exercises that can be done securely after the patient is released from the emergency clinic. The utilitarian limit in METs is utilized to appraise the patient's capacity to bear explicit exercises. Furthermore, stage II activities can likewise be given opposition and adaptability work out, which expect to expand the scope of movement (ROM), ease torment, and reestablish/increment muscle strength or perseverance. When engaging in physical activity during this phase, it is essential to pay close attention to the signs and symptoms of sternal instability. Adaptability preparing can be begun 3-5 weeks after the patient is released from the medical clinic. The objective of this exercise is to build ROM and lessen the gamble of injury. Opposition activities can be begun 8-12 weeks after the patient is released from the medical clinic. A retraining test with a goal of 5 to 6 METs is administered at the conclusion of Phase II to assess functional capacity.

Phase III Rehabilitation (support stage)

This stage is the main stage where the advantages acquired during Stage II can be lost assuming the patient quits doing actual activity. The assessed length of this stage is 6 two years. This stage isn't just immediate subsequent consideration after Stage II, yet can likewise started at any period of the patient where the patient might not need to follow the past phase.^{16,18} The objective practical limit in this stage is 6-8 METs. The American Relationship of Cardiovascular and Aspiratory Recovery (AACVPR) and the American School of Sports Medication (ACSM) suggest the utilization of either clinic based or local area based programs. Programs in hospitals are carried out under the direction of a physiotherapist in a structured manner. Interestingly, people group put together projects are just performed with respect to okay patients. Oxygen consuming and opposition preparing can be gone on at this stage.

Phase IV Rehabilitation

Phase IV is a program that lasts for an indefinite amount of time. Exercises are not really checked and should adjust the accessibility of time in regards to recreation actual work with the continuation of the actual work out regime and patient requirements. It is, consequently fundamental to think about the accessible supplies and HR. After each medical examination, particularly an ergometric test, the patient should be assessed and focused in practice with multiple controlled exercise sessions at this point. The time frame for the ergometric evaluation is not longer than one year. Improving and supporting actual wellbeing is the fundamental point of this point. The CR group can regularly and reliably contact patients, including phone, basically every six months.^{16,18}

Every coach might decide to lead various exercises during each heart meeting, including legitimate high-impact preparing that should be possible with a hence cycle, a sliding band, a climber or simply a walk coordinated by qualified faculty, opposition preparing, strength preparing, balance preparing, intense exercise and, in stages III and IV, explicit activities that are practically identical to the dialy movement. There are two types of training that can be done for aerobic exercise: Feline and IAT. CAT defines the instantaneous application of loads without breaks or rest breaks during work. The training strength can be different between comprehensive and intensive versions of this method. The IAT approach requires periods for recuperation. At the point when the activity is high or moderate force, the

dynamic span is utilized. Conversely, on the off chance that the patient's practical limit is low, the detached recuperation stretch is utilized.

Benefits of physical exercise-based post-CABG

Cardiac rehabilitation In the absence of sufficient research comparing IAT to CAT as a rehabilitation program for mortality or significant coronary events following CABG, some studies with small sample sizes measured exercise's efficacy using hemodynamic proxy endpoints and ventilation parameters. Along these lines, VO₂peak is unequivocally prescient of mortality and is evaluated for quite some time and a half year in patients finishing IAT versus Ceaseless Gentle Preparation (CMT) after CABG. The VO₂ top in the IAT and CMT bunches was surveyed at pattern, four weeks, and following a half year, demonstrating comparable transient changes. However, the IAT group had a better long-term effect following CABG.²⁰ Another clinical trial tested the IAT vs. CAT program for 3.5 weeks using a bicycle ergometer protocol. Nine patients in each gathering did the activities 24-26 days after CABG.²¹ The IAT empowers expanded actual effectiveness toward the finish of the convention, lower resting HR (- 9 bpm versus - 4 bpm), lower power of compressed items very still, and lower lactate.²¹ Catecholamines didn't differ between gatherings. The creators presumed that IAT is more satisfactory for actual execution upgrade and is more viable than Feline in keeping up with heart function.²¹ Others likewise tried rate pressure items, and their estimations on a practically identical investigation of computer aided design patients going to CABG and afterward being prepared. In either the Feline or IAT program found a critical decrease in rest and by and large rate pressure items in the IAT bunch as it were. An aberrant list of myocardial oxygen utilization in computer aided design patients is the rate-pressure item.

Endothelial movement is portrayed by stream intervened dilatation and goes about as a prognostic marker for cardiovascular occasions. As found in tests testing stream interceded brachial conduit dilatation after IAT in post-infarct cardiovascular breakdown, IAT likewise increments endothelial function.²² In any case, there is an absence of patient preliminaries after CABG and IAT. A methodical investigation of patients with cardiovascular and cerebrovascular disease,²³ including 20 preliminaries, has shown that focused energy vigorous stretch preparation (HIIAT) is identical to gentle Feline by working on endothelial movement as surveyed by stream

intervened dilatation, the bioavailability of nitric oxide and circling biomarkers.

Then again, among numerous heart rules evaluated by echocardiography, there is banter about whether actual activity can improve cardiovascular capability. One examination tried patients after CABG ²² and tracked down no expansion in systolic annular speed, mitral annular outing, late diastolic mitral stream speed (A wave), early diastolic mitral speed, late diastolic mitral speed, deceleration of early diastolic mitral speed launch part, end-diastolic volume, or end-systolic volume following a month of IAT. The discoveries were near the gauge, then again, actually following a month of IAT, the pinnacle starting mitral diastolic stream speed (E wave) showed a significant downfall. In any case, IAT exhibited a decrease in left ventricular end-diastolic and systolic volume in patients who experienced cardiovascular breakdown following localized necrosis however didn't go through CABG and went through actual activity, and the left ventricular launch division rose from $28 \pm 7.3\%$ to $38 \pm 9.8\%$, with further developed discoveries for IAT contrasted with CMT.²²

Recommendations

Based on accessible information, we emphatically suggest that the cardiovascular medical procedure groups consolidate the administrations of heart recovery experts with them for customary post CABG work out based programs. The activity program might be strted following a patient is off mechanical ventilation and is mindful nd can answer the headings.

Conclusion

The heart recovery program is a far reaching, long haul program including clinical assessment, regulated work out, change of cardiovascular gamble elements, schooling, and directing. Work out based cardiovascular recovery of CABG limits the physiological and mental impacts of coronary illness, controls cardiovascular breakdown side effects, balances out or turns around the atherosclerotic interaction, improves psychosocial status, and decreases the gamble of unexpected passing intermittent dead tissue. Heart restoration lessens risk factors, increments actual activity limit, medicine adherence to optional preventive treatment, and endurance after CABG medical procedure.

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