

Effect of Moderate Intensity of Aerobic Exercise Programme on Exercise Tolerance Capacity of Stable Angina Patients

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Abstract

The purpose of this study was to observe the effect of moderate intensity of aerobic exercise programme on exercise tolerance capacity of stable angina patients. Sixty male patients of stable angina were recruited as subjects and their age ranged from 40-60 years, further they were divided equally into experimental group and control group. Experimental group underwent a six weeks moderate intensity aerobic exercise programme while the control group was lead a routine sedentary life style for six weeks. Exercise tolerance capacity was measured by using Borg's scale in both the groups on the first day and after every 2 weeks. It was found that at the end of six weeks of aerobic programme there was an increase in the exercise tolerance capacity of the stable angina patients of the experimental group than control group. It is concluded that six weeks moderate intensity aerobic exercise programme of cardiac rehabilitation for the patients of stable angina is a short time period for peripheral adaptation than the central adaptations.

Key words: Cardiac rehabilitation, Borg's Scale, THR, RHR

Introduction

Stable angina is defined as a short duration chest and/or arm discomfort that shows no change in the past 60 days in frequency, duration or precipitating cause. Most often pain duration is less than 10 minutes and rarely up to 15 minutes. The mild to moderate discomfort is relieved within 1 to 10 minutes by cessation of the particular precipitating activity or use of sublingual nitroglycerine (*Khan, 2006*). Most patients with stable angina will be at increased risk of subsequent cardiovascular events or death, the assessment of a patient's absolute risk of subsequent cardiovascular events or death should be based on assessment of all of his risk factors as well as modifiable risk factors include age, sex, presence of diabetes, and family history of premature coronary heart disease. Exercise training is an effective method of reducing episodes of angina in people with stable

angina. Chronic low intensity aerobic exercise trains the cardiovascular system and the skeletal muscles to become more efficient which means that one can exercise at higher levels of intensity without experiencing angina. A program of aerobic exercise has many benefits in addition to reducing episodes of angina. The physiological changes both in exercising skeletal muscle and the myocardium play a role in the symptomatic improvements and increased maximal work capacities in individual with coronary artery disease after regular aerobic exercise (*May and Nagle, 1984*).

Materials and Method

A sample of 60 male patients of stable angina between the age group 40-60 years were randomly divided into the experimental group and the control group of 30 patients in each group. The experimental group was prescribed cardiac rehabilitation in the form of