

## Rehabilitation of patient suffering from myocardial infarction: the importance of physical training

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Rehabilitation of patient suffering from myocardial infarction has a goal to recover physical, psychological and social functions up to optimal level. It begins with the first contact with patient and it is conducted continuously till the end of life. Exercise training presents the basic rehabilitation method for cardiovascular patients. When prescribing the exercise training, must be taken care of: life's age, gender, muscle-skeletal system integrity, previous physical activity, myocardial infarction (MI) size, ventricular function and functional heart condition, as well as medicaments that patient uses. Exercise training in order to lead to good effects, it must be isotonic or aerobic type. It includes the workout of large muscle groups which demands increased lung ventilation, increased minute-volume of the heart and small increase of artery blood pressure. A certain number of studies have shown that exercise training can lead to functional capacity increase even with patients with significant ventricular function disturbances. Increase of maximal oxygen body consumption under exercise training influence is the first of all the consequence of periphery mechanisms adaptation (increase of artery-vein oxygen difference, sympathetic nerve system stabilization with lower levels of heart frequency and blood pressure in calm condition and in effort condition) and it can be archived in situations when improvement of disturbed intrinsic heart frequency is hardly expected.<sup>1-3</sup>

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