



Exercise Testing and Training in the Elderly Cardiac Patient (Report)

Mark Alan Williams

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Each book in the "Current Issues in Cardiac Rehabilitation" series is written by leaders in the field and presents a thorough review of the latest research on a cardiac rehabilitation topic, identifies implications for professional practice and describes how model cardiac rehabilitation programs have applied these findings in innovative ways. This book explains the art and science of tailoring cardiac rehabilitation programs for the elderly. In addition to summarizing research on testing and prescription for elderly patients, the book provides cardiac rehabilitation practitioners and students with information for applying these findings in practice. Working with elderly cardiac patients poses special challenges because individual ages, fitness levels and health statuses vary so widely. Many patients also have one or more chronic diseases that affect exercise ability, including arthritis, vascular disease and pulmonary disease. Dr Williams describes how these factors affect exercise testing and offers suggestions for ways cardiac rehabilitation practitioners can adjust their patients' exercise prescriptions accordingly.

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