

THE ULTIMATE CARDIO GUIDE FOR PHYSICAL THERAPISTS

FEBRUARY IS HEART MONTH



From PT Pintcast episode
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FACTS ABOUT HEART DISEASE & VITALS

- Heart disease is the #1 killer of men and women
- As PT, we do not know how the heart is performing just by observation of exercise.
- It is essential to not only watch the muscles that are performing an exercise but watching the cardiac muscle too.
 - Take blood pressure (BP) and heart rate (HR)
- HR + BP = determinants of work on the heart
- Time to take vitals = 2-3 minutes

CHECK NEW GUIDELINES FOR BP

- 25% decrease in MI and Stroke by lowering BP standards to 140/90 as cut off for hypertension.

Do not assume every patient is healthy.

Let's begin with all PT's practicing prevention.

QUESTIONS EVERY PT MUST ASK THEIR PATIENTS

- How often do you perform regular activity?
- Do you check your BP daily?
- Is your blood sugar under control?
- Do you have a family history of heart disease?
- Do you have an adult onset of diabetes?



ALSO... TAKE VITALS

YOUNG VS. OLD?

- Heart disease does increase with age
- Older adults who are active are shown to have less risk for heart disease if they do not present with risk factors or genetics
- Physical activity and lifestyle determine risk for heart disease
 - Young people can have just as much risk

HEART DISEASE RISK FACTORS

- Genetics
- Unhealthy lifestyle
 - Smoking
 - Poor diet
 - Obesity
- Sitting for prolonged period of time
 - Playing video games
 - Working



ADVICE TO REDUCE RISK FOR HEART DISEASE

- Monitor BP and blood sugar
- Exercise or find an enjoyable physical activity
- Decrease saturated fat and carbohydrates from diet
- Check cholesterol
- Evaluate stress



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