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| **Step number** | **METs** | **Activity description for ischemic patient** | **Activity description for surgical patient** |
| Step 1 | 1-1.5 | ARM for all extremities from supine | Up in chair two times, assistant walk in the room, breathing ex. |
| Step2 | 1-1.5 | Repeat | Repeat assistant walk in the room & corridor |
| Step 3 | 1-2 | Repeat with mild resistance | Repeat with increase distance |
| Step 4 | 1.5-2 | ARM for all extremities from setting & breathing ex. | Repeat |
| Step 5 | 1.5-2 | Repeat with mild resistance& walking up to 50 feet | ARM for all extremities from standing with 1-2 pound wt& lateral binding and trunk twist |
| Step 6 | 1.5-2 | ARM for all extremities from standing with 1-2 pound wt& walking more than 100 feet | Repeat 5 |
| Step7 | 1.5-2.5 | Repeat 6 & walking more than 200 feet | Repeat 6& walking down one flight |
| Step 8 | 2-2.5 | Repeat 7 & walking more than 300 feet | Repeat 7 & walking down two flight |
| Step 9 | 2.5-3 | Repeat 8 & slight knee bind& walking down one flight | Up one flight & walking down one flight |
| Step 10 | 3-3.5 | Repeat 9 & walking down two flights | Repeat 9 |
| Step 11 | 3.5 | Repeat 10 & walking down one flight& up one flight | Repeat 10 |

Table1 steps of exercises in phase I rehabilitation