

Physical rehabilitation at an arterial hypertension with simulator training

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Objectives: To investigate the effectiveness physical rehabilitation (PR) with simulator training (ST) in patients with arterial hypertension (AH).

Methods: 108 patients with AH were included to programs of PR consisted from 10 sessions. 53 patients were obtained the employments on cyclic and power simulators with telemetry monitoring of cardiorespiratory system; 51 patient were carried out by standard techniques of PR at AH - control group, CG). All the patients were treated by basic drug therapy.

Results: After 10 sessions downturn of initially increased BP on the average on 23 % in ST, in CG - on 13 % was marked. Since 6-7-th session stabilization of BP at a target level in group ST, after 9-10-th session - in group GE was marked. All the patients marked improvement of the common condition of health, increase of daily activity and tolerance to physical loading; doses of supporting drug therapy have been decreased at 64 % of patients of group ST and at 27 % of patients of group GE.

Conclusions: Using of ST with telemetric control in a mode of step-by-step growing physical loadings at an AH is more high effective method of PR than standart techniques allowing authentically to stabilize a level of BP, to reduce drug therapy and to increase quality of life of the patient.

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