

To analyze the effect of phase II cardiac rehabilitation on body mass index, body fat percentage and quality of life for obese and non-obese patients with coronary artery bypass grafting.

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Abstract

The phase II cardiac rehabilitation has been proven beneficial for both obese and non-obese patients in improving Body Mass Index, Body fat percentage and quality of life. Circuit Training has been a contemporary approach to enhance and promote an individual's functional capacity, especially in patients with cardiac disorders. This effect of Circuit training incorporated in phase 2 cardiac rehabilitation and its benefits on Body Mass Index, Body fat percentage and Quality of life has been proven. But, there is no study available to compare the effect of phase II cardiac rehabilitation between obese and non-obese patients. 15 obese patients were included in Group A and 15 Patients who were non-obese were included in Group B. Both the Groups underwent phase 2 cardiac rehabilitation.

The results showed that there was a significant reduction in BMI (17.98%), Body Fat Percentage (45.85%) and improved Quality Of Life (54.9%) in obese patients. Although changes occurred in non obese patients also, the reduction in BMI (5.48%), Body Fat Percentage (25.76%) and improvement in Quality of Life (32%) was not well pronounced as in the obese group.



Biography:

Mr. Bipesh completed his Bachelor's degree in Physiotherapy from K G College of Health Sciences and later on pursued Master of Physiotherapy from same institution. Worked as Associate Professor in Dr MGR Medical University and clinical

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