EFFECT OF AEROBIC VS COMBINED AEROBIC-STRENGTH TRAINING ON 1-YEAR, POST-CARDIAC REHABILITATION OUTCOMES IN WOMEN AFTER A CARDIAC EVENT


Setting the scene:
To compare the effect and sustainability of 6 months combined aerobic / strength training vs. aerobic training alone on quality of life in women after coronary artery by-pass graft surgery or myocardial infarction.

What did they do?
Prospective 2 groups randomized controlled trail, ninety-two women who were 8-10 weeks post-coronary artery by-pass graft surgery or myocardial infarction. The aerobic training alone group had supervised exercise twice a week for 6 months. The aerobic/strength training group received aerobic training plus upper and lower body resistance exercises. The amount of active exercises time matches between groups. The primary outcomes, quality of life, were measured by MOS SF-36; secondary outcomes were self-efficacy, strength and exercise capacity.

Takeaway message:
Women with coronary artery disease stand to benefit from both aerobic training alone and aerobic/strength training. However, continued improvement in physical quality of life may be achieved through combined strength and aerobic training.