



CoroPrevention

PERSONALISED PREVENTION FOR
CORONARY HEART DISEASE

Introduction to the EXPERT tool (Release 3.3)

Version: Nov 2025

www.coroprevention.eu



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What is the EXPERT tool?


- Developed according to EAPC and ESC position statements/guidelines and the expert opinions of the EAPC EXPERT group members
- To select maximally clinically effective and medically safe training modalities for patients with cardiovascular disease
- Recommendation System to support prescription of personalized exercise training

How to apply the EXPERT tool in CoroPrevention?

Case description

- 64-year old male
- Medical history:
 - Arterial hypertension, obesity, hypercholesterolaemia, diabetes mellitus
 - Shoulder operation in 2015
 - Elective coronary angiography demonstrating severe 3-vessel disease in 2021
 - Elective CABG was performed
- Risk factors:
 - Obesity, diabetes, arterial hypertension, hypercholesterolaemia
 - Prior smoker, currently non-smoker
 - Low physical activity

Open the EXPERT tool

 001001 / BE1

229

Ruben Pauwels





















Pending alerts

Filter

Red: 201 Orange: 55 Yellow: 118









Open: 229 Handled: 145

From 15.05.2025 Until 06.10.2025


Patient	Date↓	Time	Type	Module	Message	Action
coro-001001-439	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.  
coro-001001-350	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.  
coro-001001-212	2025-10-06	07:00	Orange	Start moving	The patient didn't reach the step goal for 4 weeks in a row while in "Monitored action".	A video and a message were sent to the patient. A telephone call or sending a message may be necessary.  
coro-001001-460	2025-10-06	07:00	Orange	Start moving	The patient didn't reach the step goal for 4 weeks in a row while in "Monitored action".	A video and a message were sent to the patient. A telephone call or sending a message may be necessary.  
coro-001001-466	2025-10-06	07:00	Orange	Start moving	The patient didn't reach the step goal for 4 weeks in a row while in "Monitored action".	A video and a message were sent to the patient. A telephone call or sending a message may be necessary.  
coro-001001-430	2025-10-06	07:00	Orange	Start moving	The patient didn't reach the step goal for 4 weeks in a row while in "Monitored action".	A video and a message were sent to the patient. A telephone call or sending a message may be necessary.  
coro-001001-431	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.  
coro-001001-432	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.  
coro-001001-391	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.  
coro-001001-347	2025-10-06	07:00	Red	Start moving	The patient didn't reach the step goal for 8 weeks in a row while in "Monitored action".	A telephone call or sending a message is needed to assess the reason of not reaching the step goal.  

Showing page 1 of 23

Rows per page: 10 1-10 of 229

    ...    

Open the EXPERT tool

 **CoroPrevention**
Alpha

001001 / BE1

Q coro-001001-001 (1987) X

229

Ruben Pauwels

Patient

Open medication decision support to edit the prescription

View patient record

Start visit 2

Q coro-001001-001 (1958) X


General

Subject ID	coro-001001-001
Gender	Male
Year of birth	1958
Start date	17-11-2023

URL and code to view the ePro for visit 2

<https://tablet-qa.coroprevention.eu/session/start/6M2tC7QTpnFTWoc>

Print QR code for ePRO application




Print a new QR password code for the mobile app

Logout mobile app

Patient dropped out

Consultations during the study



Parameters

Blood pressure	130/80 mm Hg
Weight	95 kg
BMI	31 kg/m²
LDL cholesterol	40 mg/dL
HbA1c - (Glucose)	5.6 %

Behavioural goals

Medication adherence	Low	Inactive
Start moving	Sedentary	Inactive

Open the EXPERT tool

The screenshot displays the CoroPrevention Alpha web application interface. At the top, the header includes the logo, the text "001001 / BE1", a search bar with "coro-001001-001 (1987)", and a user profile for "Ruben Pauwels". Below the header, a patient summary bar lists various health metrics: "coro-001001-001", "130/80 mm Hg", "95 kg", "31.02 kg/m²", "LDL: 40 mg/dL", "5.6%", "Low", "Sedentary", "Low", "Prior Smoker", "Low", and "Beginner". An "End encounter" button is located on the right.

The main content area is titled "Your journey to a healthy lifestyle". It features a navigation sidebar on the left with icons for home, heart, person, and a red arrow pointing to a specific icon. The main panel shows a "Status" tab and a "Goal setting" tab. Below these, there are tabs for "JOURNEY" and "PARAMETERS". The "JOURNEY" tab is active, displaying a timeline titled "Your journey" with a date range from "Time 06-10-2025" to a future date. A slider is present with the text "Use slider to see how your behaviour change goals evolve over time." Below the slider, a green box labeled "BE HEALTHY" is shown, with four vertical arrows pointing up to it from icons at the bottom: a heart, a person, a fork and knife, and a person with a heart.

At the bottom right of the main panel, there is a "Next step >" button.

Open the EXPERT tool

The screenshot displays the CoroPrevention Alpha user interface for a patient named 'coro-001001-001'. The top navigation bar includes the patient's ID, a search bar, and the user 'Ruben Pauwels'. Below this, a row of health metrics is shown: 130/80 mm Hg, 95 kg, 31.02 kg/m², LDL: 40 mg/dL, 5.6 %, Low, Sedentary, 11 Low, Prior Smoker, Low, and Beginner. An 'End encounter' button is on the right.

The main content area is titled 'Start moving' and contains two tabs: 'Status' and 'Goal setting'. The 'Goal setting' tab is highlighted with a red box and a red arrow pointing to it. Below the tabs, there are two sections: 'Current physical activity' and 'Current physical activity' (repeated). The first section shows '1 day(s) with a total of 30 minutes or more of at least moderate physical activity' reported on 06/10/2025. The second section shows 'Sedentary' status reported on 17/11/2023, with sub-points: 'Did not perform strength exercises' and 'Did not perform flexibility exercises'.

At the bottom, there are buttons for '< Go to journey' and 'Next step >'.

Open the EXPERT tool

The screenshot displays the CoroPrevention Alpha interface for user 001001 / BE1. The top navigation bar includes the user's name, a search bar, and a dropdown menu for 'Ruben Pauwels'. Below this, a status bar shows various health metrics: blood pressure (130/80 mm Hg), weight (95 kg), cholesterol (31.02 kg/m²), LDL (40 mg/dL), glucose (5.6 %), and activity levels (Low, Sedentary, Prior Smoker, Beginner). A red 'End encounter' button is located on the right.

The main content area is titled 'Start moving' and features a sidebar with icons for home, heart, goal setting, and other functions. The 'Goal setting' section is active, showing a 'WEEKLY SPORTS GOAL' progress bar. The progress bar is labeled 'Weekly sports goal (kcal)' and has markers for 'Start', 'Min - 0', and 'Finish - 0'. Below the progress bar, there are four input fields: 'intensity', 'sessions', 'minutes', and 'sessions'. A red box highlights the 'Edit sports goal' button, which is located to the right of the progress bar. A red arrow points to this button.

At the bottom of the interface, there are two buttons: '< Previous step' and 'Go to journey >'. The bottom of the screen features the CoroPrevention logo and the text 'PERSONALISED PREVENTION FOR CORONARY HEART DISEASE'.

Open the EXPERT tool

The screenshot displays the CoroPrevention Alpha user interface. At the top, the header includes the logo, patient ID '001001 / BE1', a search bar with 'coro-001001-001 (1987)', and a user dropdown for 'Ruben Pauwels'. Below the header, a row of patient vitals and risk factors is shown: 'coro-001001-001', '130/80 mm Hg', '95 kg', '31.02 kg/m²', 'LDL: 40 mg/dL', '5.6 %', 'Low', 'Sedentary', '11 Low', 'Prior Smoker', 'Low', and 'Beginner'. An 'End encounter' button is on the right.

The main content area is titled 'Start moving' and contains two tabs: 'WEEKLY SPORTS GOAL' (active) and 'DAILY ACTIVITY GOAL'. Under the 'WEEKLY SPORTS GOAL' tab, there is a progress bar for 'Weekly sports goal (kcal)' ranging from 'Start' to 'Finish - 0', with a 'Min - 0' marker. Below the progress bar are buttons for 'intensity' and 'sessions'. To the right is an 'Edit sports goal' button. At the bottom of this section are two columns: 'Physical complaints' (Neck pain, Back pain) and 'Favourite activities' (Walking, Home trainer, Handball).

A modal dialog box is open in the center, titled 'Please enter the patient's subject ID to edit sports goal.' It contains a text input field labeled 'Subject ID'. Below the input field are two buttons: 'Edit sports goal' (highlighted with a red box and a red arrow) and 'Cancel'. Navigation buttons at the bottom of the screen include '< Previous step' and 'Go to journey >'.

EXPERT tool – Weekly sports goal

CoroPrevention
Alpha

001001 / BE1

coro-001001-001 (1987, -)

Ruben Pauwels

coro-001001-001 130/80 mm Hg 95 kg 31.02 kg/m² LDL: 40 mg/dL 5.6 % Low Sedentary y1 Low Prior Smoker Low Beginner

Male, 65 years 55 bpm 405 m

EXPERT tool

Save and close Close Print

Weekly sports goal → Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor

Select risk factors: Hypertension Dyslipidemia Obesity

Exercise modifier

Select exercise modifiers:

Anomalies

Select anomalies occurred during exercise testing:

Medication

Select medication that affects exercise prescription: Beta Blocker Insulin Statin

Recommendation

Moderate Daily 20-60 >24 weeks Yes

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises:
2 days/week, 40-80% of 1RM, 12-15 reps/set

EXPERT tool – Exercise prescription

CoroPrevention Alpha 001001 / BE1 Ruben Pauwels

coro-001001-001 130/80 mm Hg 95 kg 31.02 kg/m³ LDL: 40 mg/dL 5.6 % Low Sedentary 11 Low Prior Smoker Low Beginner

Male, 65 years 55 bpm 405 m

EXPERT tool Save and close Close Print

Weekly sports goal → Safety precautions

Primary indication

Key risk factor

Exercise modifier

Anomalies

Medication

Recommendation

- Select applicable items

EXPERT tool – Primary indication

Primary indication

Select primary indication:

<input type="checkbox"/> CAD, PCI, CABG, and minimally invasive CABG	Moderate	3-5	20-45	>6-8 weeks	Yes
<input type="checkbox"/> Heart failure (with lowered LVEF) and CMP	Moderate or High Intensity Interval	2-5	30-60	>12 weeks	Yes
<input type="checkbox"/> CRT, pacemaker, ICD	Low (Dependent on underlying heart disease, Dependent on device settings)	3-5	Dependent on underlying heart disease	>6-8 weeks	Dependent on underlying heart disease
<input type="checkbox"/> Pulmonary arterial hypertension	Moderate-High or High Intensity Interval	3-5	>45	>12 weeks	Unknown
<input type="checkbox"/> Peripheral artery disease	On pain threshold	3-5	30-60	>12 weeks	Yes
<input type="checkbox"/> Left ventricular assist devices	Moderate	3-5	45-60	>6-10 weeks	Yes
<input type="checkbox"/> Cardiac transplantation	Low-Moderate	3	30-40	>20 weeks	Yes
<input type="checkbox"/> Valve disease/surgery (without CABG)	Moderate	3	>30	>6-8 weeks	Yes
<input type="checkbox"/> Congenital heart disease	Moderate-High	3	30-60	>8 weeks	Yes
<input type="checkbox"/> In-hospital phase (early mobilisation)	Low	Daily	Individualised	Dependent on hospitalisation duration	Yes
<input type="checkbox"/> Chronic coronary syndrome	Moderate	3-5	30-60	>12 weeks	Yes
<input type="checkbox"/> TIA or stroke in subacute phase	Moderate	3-5	20-60	>12 weeks	Yes

Medical history:

- Arterial hypertension, obesity, hypercholesterolaemia, diabetes mellitus
- Shoulder operation in 2015
- Elective coronary angiography demonstrating severe 3-vessel disease in 2021
- Elective CABG was performed

EXPERT tool – Primary indication



**CAD, PCI, CABG,
and minimally
invasive CABG**



Moderate



Intensity



3-5



Frequency



20-45



Session
duration



>6-8 weeks



Programme
duration



Yes



Strength
training

EXPERT tool – Key risk factor

Key risk factor

Select risk factors: **Dislipidemia** **Hypertension** **Obesity** **Type 2 Diabetes**

<input checked="" type="checkbox"/>	Obesity	☹ Moderate	📈 3-5	🕒 >60	📅 >24 weeks	👉 No
<input type="checkbox"/>	Type 1 Diabetes	☹ Moderate	📈 3	🕒 >30	📅 >12 weeks	👉 Yes
<input checked="" type="checkbox"/>	Type 2 Diabetes	☹ Moderate	📈 5	🕒 >30	📅 >12 weeks	👉 Yes
<input checked="" type="checkbox"/>	Hypertension	☹ Moderate-High	📈 Daily	🕒 30-60	📅 >6 weeks	👉 Yes
<input checked="" type="checkbox"/>	Dislipidemia	☹ Moderate	📈 3-5	🕒 >45	📅 >12 weeks	👉 Yes

Risk factors:

- Obesity, diabetes, arterial hypertension, hypercholesterolaemia
- Prior smoker, currently non-smoker
- Low physical activity

EXPERT tool – Exercise modifier

Exercise modifier

Select exercise modifiers:

<input type="checkbox"/>	CRT, pacemaker, ICD	Low (Dependent on underlying heart disease, Dependent on device settings)	3-5	Dependent on underlying heart disease	>6-8 weeks	Dependent on underlying heart disease
<input type="checkbox"/>	Sarcopenia/frailty	Low-Moderate	3	40-60	>12 weeks	Yes
<input type="checkbox"/>	COPD	Moderate or High Intensity Interval	2-5	20-60	>12 weeks	Yes
<input type="checkbox"/>	Renal Failure	Moderate	3	30-45	>12 weeks	Yes

Medical history:

- Arterial hypertension, obesity, hypercholesterolaemia, diabetes mellitus
- Shoulder operation in 2015
- Elective coronary angiography demonstrating severe 3-vessel disease in 2021
- Elective CABG was performed

EXPERT tool – Anomalies

Anomalies

Select anomalies occurred during exercise testing:

☐

ICD threshold

Heart rate

bpm

☐

Ventricular tachycardia

Heart rate

bpm

☐

Atrial fibrillation, provoked during exercise testing

☐

Myocardial ischemic threshold

Heart rate

bpm

EXPERT tool – Medication

Medication

Select medication that affects exercise prescription: **Statin** **Beta Blocker** ^

☒ **Beta Blocker**

☒ **Statin**

☐ **Insulin**

☐ **Meglitinide**

☐ **Sulfonylurea**

EXPERT tool – Recommendation

Recommendation

☹ Moderate

📈 Daily

🕒 20-60

📅 >24 weeks

👉 Yes

🏃

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- electro muscle stimulation in case of significant muscle weakness
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises:
2 days/week, 40-80% of 1RM, 12-15 reps/set
2 days/week, 70-85% of 1RM, 8-10 reps/set, at least 21 sets

EXPERT tool – Intensity

Light activity	Feels like you can maintain it for a long time. Easy to breathe and carry on a conversation.
Moderate activity	Feels like you can exercise for a long period, but probably not for hours. Your breathing is somewhat heavier but you are still able to speak in full sentences.
Vigorous activity	Feels like you cannot exercise very long, your breathing is heavy and you are not able to say a full sentence without gasping for extra air.

EXPERT tool – Recommendation

Recommendation

☹ Moderate

📈 Daily

🕒 20-60

📅 >24 weeks

👉 Yes

🏃

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
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📄

✎

EXPERT tool – Recommendation

Recommendation

Moderate Daily 20-60 >24 weeks Yes

• IMT after CABG surgery (from 30 up to 60 of Pmax, 20-30 min/session, 3-5 days/week)
• advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
• isometric handgrip exercise training
• >900 kcal/week of energy expenditure should be achieved
• Strength training exercises:
2 days/week, 40-60% of 1RM, 12-15 reps/set

Intensity

Value: Moderate Dependencies Heart rate

☐ Include High Intensity Interval

Frequency

Value: 7 Dependencies

Session duration

Range: 20 60 Dependencies

Programme duration

Range: 24 Max Dependencies

Strength training

Strength training: Yes Dependencies

Additional training strategies

• IMT after CABG surgery (from 30 up to 60 of Pmax, 20-30 min/session, 3-5 days/week)
• advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
• isometric handgrip exercise training
• >900 kcal/week of energy expenditure should be achieved
• Strength training exercises:

Why did you change the recommendation?

☒ Apply updated exercise prescription immediately

- Remember to record reason **why you made the change**

EXPERT tool – Recommendation

Recommendation

Moderate Daily 20-60 >24 weeks Yes

• IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
• advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
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2 days/week, 40-60% of 1RM, 12-15 reps/set

Intensity

Value Moderate Dependencies Heart rate

Include High Intensity Interval

Frequency

Value 7 Dependencies

Session duration

Range 20 60 Dependencies

Programme duration

Range 24 Max Dependencies

Strength training

Strength training Yes Dependencies

Additional training strategies

• IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
• advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
• isometric handgrip exercise training
• >900 kcal/week of energy expenditure should be achieved
• Strength training exercises:

Why did you change the recommendation?

Apply updated exercise prescription immediately

- At the top, **view** the recommended prescription
- At the bottom, **edit** the prescription

EXPERT tool – Save exercise prescription

Recommendation

Moderate Daily 20-60 >24 weeks Yes

• IMT after CABG surgery (from 30 up to 60 of Pmax, 20-30 min/session, 3-5 days/week)
• advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
• isometric handgrip exercise training
• >900 kcal/week of energy expenditure should be achieved
• Strength training exercises:
2 days/week, 40-60% of 1RM, 12-15 reps/set

Intensity

Value Moderate Dependencies Heart rate

Include High Intensity Interval

Frequency

Value 7 Dependencies

Session duration

Range 20 60 Dependencies

Programme duration

Range 24 Max Dependencies

Strength training

Strength training Yes Dependencies

Additional training strategies

• IMT after CABG surgery (from 30 up to 60 of Pmax, 20-30 min/session, 3-5 days/week)
• advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
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• >900 kcal/week of energy expenditure should be achieved
• Strength training exercises:

Why did you change the recommendation?

Apply updated exercise prescription immediately

- At the top, **view** the recommended prescription
- At the bottom, **edit** the prescription

EXPERT tool – Save exercise prescription

coro-001001-001 130/80 mm Hg 95 kg 31.02 kg/m² LDL: 40 mg/dL 5.6 % Low Sedentary 11 Low Prior Smoker Low Beginner

Female, 38 years 55 bpm 405 m

Medication Select medication that affects exercise prescription: Beta Blocker Insulin Statin

Recommendation

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises:
2 days/week, 40-80% of 1RM, 12-15 reps/set

Moderate Daily 20-60 >24 weeks Yes

Intensity

Format* Value* Value* Moderate Dependencies Heart rate

Include High Intensity Interval

Frequency

Format* Value* Value* 7 Dependencies

Session duration

Format* Range* Min* Max* Dependencies

20 60

Programme duration

Format* Range* Min* Max* Dependencies

24

Strength training

Strength training* Yes Dependencies

Did you verify that the recommended prescription is ok for this patient?

Confirm Close

EXPERT tool – Save exercise prescription

coro-001001-001 130/80 mm Hg 95 kg 37.62 kg/m³ LDL: 40 mg/dL 5.6 % Low Sedentary 11 Low Prior Smoker Low Beginner

Female, 38 years 55 bpm 405 m

Medication

Select medication that affects exercise prescription: Beta Blocker Insulin Statin

Recommendation

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises:
2 days/week, 40-80% of 1RM, 12-15 reps/set

Moderate Daily 20-60 >24 weeks Yes

Intensity

Formal* Value* Value* Moderate Dependencies Heart rate

Include High intensity interval

Frequency

Formal* Value* Value* 7 Dependencies

Session duration

Formal* Range* Min* 20 Max* 60 Dependencies

Programme duration

Formal* Range* Min* 24 Max* Dependencies

Strength training

Strength training* Yes Dependencies

Is this a new programme or a continuation of the existing one?

Create new Update existing Cancel

EXPERT tool – Saved prescription

coro-001001-001

130/80 mm Hg

95 kg

31.02 kg/m²

LDL: 40 mg/dL

5.6 %

Low

Sedentary

Y1 Low

Prior Smoker

Low

Beginner

Male, 65 years

55 bpm

405 m

EXPERT tool

Save and close

Close

Print

Weekly sports goal

Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor

Select risk factors: Obesity Hypertension Dyslipidemia

Exercise modifier

Select exercise modifiers:

Anomalies

Select anomalies occurred during exercise testing:

Medication

Select medication that affects exercise prescription: Insulin Statin

Recommendation

Moderate

Daily

20-60

>24 weeks

Yes

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
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Moderate

Daily


20-60

>24 weeks

Yes

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EXPERT tool – Print

001001 / BE1

coro-001001-001 (1987)

Ruben Pauwels

coro-001001-001

130/80 mm Hg

95 kg

31.02 kg/m²

LDL: 40 mg/dL

5.6 %

Low

Sedentary

Prior Smoker

Low

Beginner

Male, 65 years55 bpm405 m

EXPERT tool

Save and closeClosePrint

Weekly sports goal

Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor

Select risk factors: ObesityHypertensionDislipidemia

Exercise modifier

Select exercise modifiers:

Anomalies

Select anomalies occurred during exercise testing:

Medication

Select medication that affects exercise prescription: InsulinStatin

Recommendation

Moderate

Daily

20-60

>24 weeks

Yes

• IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)

• advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)

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2 days/week, 40-80% of 1RM, 12-15 reps/set

Saved prescription

Moderate

Daily

20-60

>24 weeks

Yes

• IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)

• advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)

• isometric handgrip exercise training

• >900 kcal/week of energy expenditure should be achieved

EXPERT tool – Save and close

CoroPrevention Alpha 001001 / BE1

coro-001001-001 (1987)

coro-001001-001 130/80 mm Hg 95 kg 31.02 kg/m² LDL: 40 mg/dL 5.6 % Low Sedentary Low Prior Smoker Low Beginner

Male, 65 years 55 bpm 405 m

EXPERT tool

Save and close Close Print

Weekly sports goal → Safety precautions

Primary indication Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor Select risk factors: Obesity Hypertension Dyslipidemia

Exercise modifier Select exercise modifiers:

Anomalies Select anomalies occurred during exercise testing:

Medication Select medication that affects exercise prescription: Insulin Statin


Recommendation

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
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- advice exercise modalities with large caloric expenditure (walking, jogging, stepping, etc)
- isometric handgrip exercise training
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EXPERT tool – Safety precautions

 **CoroPrevention**
Alpha

001001 / BE1

coro-001001-001 (1987)

Ruben Pauwels

coro-001001-001 130/80 mm Hg 95 kg 31.02 kg/m² LDL: 40 mg/dL 5.6 % Low Sedentary Y1 Low Prior Smoker Low Beginner

Male, 65 years 55 bpm 405 m

EXPERT tool

Save and close Close Print

Weekly sports goal

Safety precautions

Beta Blocker

Insulin

Statin

CAD, PCI, CABG, and minimally invasive CABG

- Training intensity has to be below the ischemic threshold (in case of stable ischemic heart disease) as defined by a stress test before starting the training.
- In patients after acute coronary syndrome or CABG participating a centre-based, structured and multimodal cardiac rehabilitation program is strongly advised in order to implement an individually adjusted training program, to optimize all other aspects of secondary prevention (information and motivation for life style changes, medication and self-control), and to early recognize and prevent potential complications (e.g., recurrent ischemia, arrhythmia, heart failure, post-operative infections, wound healing problems, Dressler syndrome).
- In patients after CABG surgery:
 - exercise training has to be adjusted on the time course of wound healing and all other potential complications.
 - Thoracic shear and pressure stress has to be strictly avoided during the first 6-8 weeks after thoracotomy: this can be caused by unilateral strength/resistance training of the upper extremities.
- In patients after elective PCI, exercise training may be started immediately after healing of the punctured vessel. This may be as early as one day after the intervention.
- In case of CABG surgery, strength training for the arm muscles are only allowed when the sternum is stabilized.

Dislipidemia

Hypertension

Obesity