

Pan-Hellenic Association of Physiotherapists
Section of Cardiovascular and Respiratory
Physiotherapy -Rehabilitation

1st Seminar T.K.A.F.A.



How to Set up and Run Cardiovascular Rehabilitation Programs

Saturday, 7th March 2015

Onassis Cardiac Surgery Center,
365 Sygrou Av., Athens, Greece
Information: www.tkafa.gr

Scientific Program

- 09.00-09.30 Registration
09.30-09.40 Welcome address
09.40-10.00 Lecture “state of the art” – Cardiac Rehabilitation Programs
10.00-11.30 Evaluation of functional capacity pre- and post-cardiovascular physiotherapy-rehabilitation
(Stress Testing-Ergospirometry- 6 min and shuttle walk tests- Dyspnea-Quality of life)
11.30 -11.50 Lecture “state of the art” – The muscle hypothesis
11.50-12.10 Coffee break
12.10-13.20 How to apply exercise programs in patients with cardiovascular disease: Phase III-IV
(Aerobic training-Resistance Training-Respiratory Muscle Training-Functional Electrical Stimulation)
13.20-14.00 Holistic Approach to Cardiac Rehabilitation
(Dietary-Psychosocial factors)
14.00-14.30 Lecture “state of the art” – How to set up a Cardiac Rehabilitation Program (Video)
End of Seminar - Comments

Organizing committee: A. Dritsas, I. Laoutaris, G. Pepera, A. Peristeropoulos, G. Bakas, S. Adamopoulos

Scientific committee: I. Laoutaris, G. Pepera, A. Dritsas, A. Peristeropoulos, A. Karabinis, S. Nanas, A. Christakou, A. Spinou, S. Adamopoulos