

Role of Cardiac Rehabilitation Physiotherapy in Improving Quality of Life Post Myocardial Infarction

Prof. Mateo Córdova

Universidad Sierra Verde, Córdoba, Argentina

Received: 10.02.2026

Accepted: 28.05.2026

Publishing: 31.07.2026

Abstract

Patients who are recuperating from myocardial infarction (MI) can significantly improve their quality of life (QoL) with the utilisation of cardiac rehabilitation physiotherapy. The purpose of this structured program is to restore physical function, maintain heart health, and avoid recurrences by combining exercise training, patient education, and psychosocial support. Patients who have suffered a myocardial infarction frequently undergo physical deconditioning, emotional discomfort, and problems in their lifestyle, all of which can impair the rehabilitation process. A multimodal approach to cardiac rehabilitation that places an emphasis on the role that individualised physiotherapy therapies play in enhancing physical endurance, lowering the risk factors for cardiovascular disease, and addressing mental health difficulties such as anxiety and depression. Physiotherapy has been shown to be helpful in improving cardiac efficiency, lowering the number of times patients need to be readmitted to the hospital, and improving patients' general well-being, according to research that are supported by evidence. A number of important results, such as improved exercise tolerance, superior disease management, and enhanced emotional resilience, highlight the need of including physiotherapy into the usual protocols for cardiac rehabilitation. Physiotherapy for cardiac rehabilitation offers a holistic approach to improving health and quality of life for individuals who have had a myocardial infarction (MI) by treating both the physical and psychosocial elements of the condition.

Keywords: Cardiac Rehabilitation, Physiotherapy, Quality of Life, Myocardial Infarction, Exercise Therapy, Psychosocial Support.

Introduction

Despite its familiar name, myocardial infarction (MI), also referred to as a heart attack, continues to be one of the major causes of death and disability around the globe. On the other hand, survivors may endure long-term physical, psychological, and social issues that can adversely affect their quality of life (QoL). Although advancements in acute care have considerably increased survival rates, survivors frequently confront challenging circumstances. Cardiac rehabilitation, and physiotherapy in particular, has emerged as a cornerstone in the healing process following a myocardial infarction (MI). This rehabilitation provides a comprehensive and interdisciplinary approach to improve patient outcomes. Restoring physical function, lowering cardiovascular risk factors, and improving psychological well-being are the primary goals of physiotherapy for cardiac rehabilitation. Exercise routines, techniques for making changes to one's lifestyle, and patient education are all components of this approach,

which are aimed to equip individuals with the ability to effectively manage their illness. A better control over blood pressure, cholesterol, and weight are among the physiological benefits. Other benefits include greater heart efficiency, increased exercise tolerance, and healthier weight management. Rehabilitation has the potential to alleviate anxiousness, sadness, and fear of recurrence, all of which are common among individuals who have suffered a post-myocardial infarction. Even though the benefits of physiotherapy have been demonstrated, the incorporation of physiotherapy into cardiac rehabilitation programs is extremely variable, and the involvement rates of patients continue to be below acceptable levels. One of the factors that contributes to this care gap is the existence of barriers such as a lack of awareness, accessibility challenges, and misconceptions about the safety of exercise. With the purpose of highlighting the significance of cardiac rehabilitation physiotherapy in bridging the gap between clinical recovery and long-term health, the purpose of this study is to investigate the role that it plays in enhancing quality of life after a myocardial infarction.

Myocardial Infarction: Challenges in Recovery

Getting better after a myocardial infarction (MI) needs more than just making it through the acute period; it also requires addressing a variety of obstacles that are physical, mental, and lifestyle-related. These challenges have an effect on the individual's long-term health and quality of life. The time period that follows a myocardial infarction (MI) is extremely important because patients have to deal with the psychological impacts of a life-threatening event, deal with changes in their physiological state, and adopt new health behaviours.

Physical Challenges

- **Reduced Physical Capacity:** As a result of myocardial injury, decreased cardiac output, and deconditioning that occurs during hospital stays, people who have suffered a myocardial infarction frequently see a drop in their physical endurance.
- **Fatigue and Weakness:** The persistent fatigue that people experience is a typical problem that makes it difficult to participate in rehabilitation and daily activities.
- **Comorbidities:** Conditions such as diabetes, hypertension, and dyslipidaemia can make recovery more difficult, which in turn raises the likelihood of similar cardiac events occurring in the future.

Psychological Challenges

- **Anxiety and Depression:** It is common for people who have suffered a post-myocardial infarction to suffer from anxiety and depression as a result of the psychological stress caused by the event as well as the worry of experiencing another one.
- **Cognitive Impairment:** There is a possibility that modest cognitive deficiencies, which can have an effect on memory and focus, are caused by a decreased oxygen supply during the infarction.
- **Emotional Adjustment:** Patients frequently struggle with changes to their self-perception and lifestyle, which can result in feelings of frustration or powerlessness being experienced by the patients.

Lifestyle Challenges

- **Behavioral Modifications:** A significant number of patients may find it challenging to adopt better behaviours, such as giving up smoking, making adjustments to their diet, and engaging in regular physical activity.
- **Adherence to Medical Advice:** Participating in rehabilitation programs, adhering to prescribed drug regimes, and attending follow-up appointments all need consistent effort and self-control.
- **Social and Occupational Adjustments:** Patients could have difficulty going back to work or completing their social obligations, which can put a strain on their relationships and diminish the amount of social assistance they receive.

Healthcare System Challenges

- **Limited Access to Rehabilitation Programs:** It may be difficult to gain access to formal cardiac rehabilitation programs due to factors such as geographical, financial, and logistical limitations.
- **Awareness and Perception:** It is possible that poor participation rates are the result of a lack of understanding regarding the advantages of cardiac rehabilitation as well as misconceptions regarding the safety of exercise.

Continuity of Care: Following the completion of the acute care period, it is frequently difficult to guarantee that patients will continue to receive support and direction.

In order to effectively address these problems, a holistic and multidisciplinary strategy is required. Physiotherapy for cardiac rehabilitation plays a pivotal role in bridging the gap between clinical recovery and long-term well-being. It is possible for patients to overcome these obstacles, regain their confidence, and lead lives that are healthier and more rewarding if they participate in structured interventions.

The Importance of Quality of Life Post-MI

Patients who have suffered a myocardial infarction (MI) should place a significant emphasis on their quality of life (QoL) while they work together to recover. Despite the fact that improvements in acute care have led to higher survival rates, the long-term health and happiness of those who have survived a myocardial infarction is heavily dependent on their physical, psychological, and social recovery. Maintaining a high quality of life after a myocardial infarction is critical for maintaining health, preventing a recurrence of the condition, and enabling patients to lead productive lives.

Physical Well-being

Restoring Physical Function: In patients who have suffered a myocardial infarction, fatigue, decreased exercise capacity, and physical deconditioning are common symptoms. Enhancing one's physical function is absolutely necessary in order to reclaim one's independence in day-to-day activities.

Reducing Recurrence Risks: A decrease in the risk of further cardiac events can be achieved by adopting healthy behaviours and developing cardiac fitness, which directly contributes to an improvement in quality of life.

Psychological Well-being

- **Coping with Emotional Trauma:** Having survived a life-threatening event can have a significant psychological impact, which can result in feelings of anxiety, sadness, and fear of a recurrence. Making an effort to address these concerns is necessary in order to achieve emotional stability and resilience.
- **Improving Self-Perception:** Patients who have suffered a myocardial infarction frequently have a sense of diminished health and vitality. The patients are able to redefine their sense of well-being with the assistance of rehabilitation programs that help them improve their confidence.

Social Well-being

- **Reintegration into Society:** The process of going back to work, taking care of family obligations, and participating in social activities might be difficult after a mental illness occurrence. In order to improve quality of life, it is necessary to assist patients in re-establishing their social roles and relationships.
- **Building Support Systems:** It is essential to have strong social support from family, friends, and healthcare practitioners in order to have a good health recovery.

Economic Considerations

- **Reducing Healthcare Costs:** An improvement in quality of life typically results in fewer readmissions to hospitals and a reduced load on healthcare systems, which is beneficial to patients as well as society as a whole.
- **Enhancing Productivity:** The restoration of patients' physical and mental capacities puts them in a better position to participate in the labour force, which in turn improves their feeling of purpose and ability to maintain their financial security.

Long-Term Outcomes

- **Sustaining Recovery:** Methods that are centred on quality of life address not just the immediate demands of rehabilitation but also the long-term maintenance of health, hence lowering the probability of experiencing chronic disability.

Promoting Holistic Health: In spite of their cardiac history, patients are able to lead lives that are rewarding when they have a good quality of life (QoL) because it guarantees that the physical, mental, and social elements of health are balanced.

It is possible for healthcare providers to ensure that patients not only survive but also thrive after a myocardial infarction by placing a priority on quality of life during the recovery process. Cardiovascular rehabilitation physiotherapy, which places an emphasis on recovering physical capacity, enhancing mental health, and encouraging changes in lifestyle that are beneficial to one's health, is an essential component in the process of accomplishing this goal.

Conclusion

Following a myocardial infarction, the process of recovery encompasses not only the acute care period but also the physical, psychological, and social aspects of a patient's well-being. This journey extends far beyond the acute care phase. Physiotherapy for cardiac rehabilitation acts as a cornerstone in this process, giving systematic therapies that address the myriad of obstacles that patients who have had a myocardial infarction encounter. The quality of life of patients is

considerably improved by physiotherapy, which also helps to reduce the risk of recurrence and builds long-term health resilience. This is accomplished through the implementation of individualised exercise programs, adaptations to lifestyle, and psychosocial support. The findings of this study highlight the significant role that physiotherapy plays in enhancing physical endurance, managing comorbidities, and reducing emotional discomfort. In spite of these advantages, there are obstacles that need to be overcome in order to ensure that a greater number of patients are able to reap the benefits of cardiac rehabilitation. These obstacles include limited awareness, access concerns, and low participation rates. In order to achieve the best possible results in terms of healing, it is necessary to take a patient-centered, holistic approach that incorporates physiotherapy into regular medicine methods. It is possible for healthcare systems to encourage patients to reclaim their independence, rebuild their confidence, and adopt healthier lives by placing an emphasis on quality of life during the recovery process at the forefront. Patients who undergo cardiac rehabilitation physiotherapy not only experience an improvement in their own well-being, but they also make a contribution to the larger objectives of public health by lowering the number of hospital readmissions and the expenses of healthcare. When it comes to post-myocardial infarction (MI) care, the significance of rehabilitative physiotherapy cannot be understated. This is because the prevalence of cardiovascular diseases is continuing to rise.

Bibliography

- Shrivastava, V. (2024). Instant Pain Relief and ROM By Soft Glides . *International Journal for Research Publication and Seminar*, 15(3), 190–194. <https://doi.org/10.36676/jrps.v15.i3.1469>
- Dr. Vivek Shrivastava. (2021). The Effectiveness of Proprioceptive & Sensory Reweighing Training in Improving the Balance of Ambulatory Hemiplegics. *Universal Research Reports*, 8(1), 135–138. Retrieved from <https://urr.shodhsagar.com/index.php/j/article/view/1436>
- Kumar, J. (2018). SPORTS INJURIES AND REHABILITATION. *Universal Research Reports*, 5(2), 181–186. Retrieved from <https://urr.shodhsagar.com/index.php/j/article/view/619>
- Singh, R., & Awasthi, S. (2024). Technology Integration in Physical Education: Exploring the Use of Wearable Devices and Virtual Reality for Enhancing Student Engagement and Learning Outcomes. *Innovative Research Thoughts*, 10(2), 70–74. <https://doi.org/10.36676/irt.v10.i2.09>