

Title of the thesis:

Changes in blood pressure during group remedial exercise in cardiac patients

Objektive:

The aim of this thesis was to describe the changes in blood pressure during remedial exercises.

Method:

There were 11 females participating in the study, all of senior age and suffering cardiovascular conditions. The exercise unit was intentionally selected to suit treated cardiac patients. The blood pressure readings were taken during the one-hour exercise units at Motol Faculty Hospital. Mercury tonometers were used for the measurements and readings.

Results:

During the exercise, average systolic blood pressure readings ranged between 137,73 mm Hg and 183 mm Hg, (\pm SD 28,99) ,diastolic blood pressure ranged between 85,91 mm Hg and 100,45 mm Hg, (\pm SD 18,88), and pulse rate was between 69 and 77.

In four of the tested subjects the systolic blood pressure exceeded 200 mm Hg during the exercise. The highest blood pressure readings were taken when lying down, after a dynamic warm-up, and during lying on the back while moving one leg vigorously.

Key words:

Blood pressure, cardiovascular disease, remedial exercise, measuring blood pressure.