CONCLUSION

In the present study it is found that, during Phase II Rehabilitation Supervised Exercise Based Cardiac Rehabilitation following CABG improves the Functional Capacity, the Quality of Life, certain Physiological determinants and Physical determinants of Cardiac-Respiratory function in the as compared to Control Group who followed conventional protocol at home.

The lack of awareness / knowledge, lack familial support and transport/ commutation was found to be barriers to patient participation to phase II training.

The Exercise Based cardiac Rehabilitation following CABG during Phase two (from Discharge to 12 weeks) was safe.