

Cardiac Rehab Handout – When should I not go to Rehab?

1. Chest Pain/Angina that you don't typically have or if not relieved by Nitro.
2. Resting Blood Pressure 200/100 and/or Heart rate 120 bpm or higher.
3. Blood Sugar <70 mg/dl or >300 mg/dl.
4. Have been fever free last 24 hours.
5. Currently taking antibiotics should not overheat.
6. Currently have an active infection.
7. Recent surgical procedure (check with physician for return date).
8. Uncontrolled Diarrhea.
9. Severe Dizziness.
10. Severe Muscle Aches/Pain/Headaches.
11. Severe Fatigue from Poor Sleep/Exhaustion/Unknown Reason.