

**Injury: Left Ventricular Heart
Failure following a viral infection**

Exercise Rehabilitation Project

Client success story - Ongoing



Client profile

38-year old male

- ◆ Ceased work as a Plumber on 9th March 2018, following Left Ventricular Heart Failure
- ◆ Gastric Banding surgery in August 2019 - lost >45kg by the end of the program
- ◆ Completed cardiac rehab - nil pacemaker/defibrillator required - improved EF to 40%
- ◆ Decreased physical conditioning, fatigue, SOB, anxiety and depression

The program:

- ◆ 12 supervised gym/telehealth reviews completed over a 6-month period
- ◆ Cardiovascular and resistance-based exercise program designed to mimic pre-disability duties

Ceased work

9 March 2018

Commenced program

7 November 2019

Returned to work

14 September 2020





Key Health Marker outcomes:

- ◆ EF increased to 55% of a healthy individual
- ◆ Fatigue Severity Scale: Initial Assessment = 42/63;
Post Intervention = 19/63
- ◆ PSFS:
 - Playing Basketball: Initial Assessment = 3/10;
Post Intervention = 10/10
 - Running: Initial Assessment = 1/10;
Post Intervention = 9/10
- ◆ Post-program improvements in aerobic capacity, increased lean muscle mass, reduced symptomology, increased energy, significant improvements in psychological wellbeing

Key RTW outcomes:

At program commencement	Certified unfit for all duties
Initial return to work	Certified for pre-injury duties and return to full-time hours at program completion

Other reported benefits from the program:

- ◆ Demonstrate excellent participation and engagement, attending the gym 3-4 times a week
- ◆ At program completion, **reported feeling the fittest he had been in his whole life**

“ **Reported having an increased sense of purpose and is mentally and physically in a really good place** ”



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