

Special Issue

Clinical Update on Cardiac Rehabilitation

Message from the Guest Editor

Cardiac rehabilitation (CR) aims to reduce the prevalence of mortality in patients with cardiovascular disease and minimize hospitalizations compared to patients with the same pathology but who do not follow CR. The multi-interprofessionalism of the rehabilitation team allows each patient to be treated with subjective approaches during the various phases of the rehabilitation process. CR includes aerobic and anaerobic physical activity, nutritional and psychological support, pharmacological integration and various periodic instrumental assessments, as well as nursing care when necessary. Like any science, CR is constantly evolving. For example, novel tools and rehabilitation techniques (in hospital facilities, at home remotely) have been introduced in recent years. In addition, despite the publication of more detailed guidelines, the most valid indications for performing CR in each cardiovascular pathology, the most appropriate timing, and the best amount of training and pharmacological therapy in various rehabilitation phases remain unknown. This Special Issue welcomes the submission of articles that address gaps in the existing literature regarding CR.

Guest Editor

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