



*Aging & Chronic Diseases*

## **Water-based exercise for coronary heart disease**

What are the effects on aerobic capacity, strength and body composition?

Author : The Australian Physiotherapy Association

Exercise training has become an important component of the management of people with coronary heart disease (CHD). Despite the established benefits of exercise in people with CHD, many patients – especially those with arthritis or obesity – do not undertake sufficient physical activity to meet guidelines. Low-impact exercise strategies may be beneficial for many people with CHD.

Recently researchers compared the benefits of gym-based and water-based exercise in this clinical population. Fifty-two people with CHD were randomly allocated to twelve weeks of:

- Three one-hour sessions per week of moderate intensity water-based circuit training exercise with alternating aerobic and resistance stations;
- Three 1-hour sessions per week of moderate intensity gym-based circuit training exercise; or
- Continuing usual activities (control).



Both training groups significantly improved their aerobic fitness, leg strength, and total body fat. Gym exercise was better at improving one measure of upper limb strength, but otherwise the benefits were similar in magnitude in the two training groups.

This supports the expansion of exercise prescription options for people with stable CHD to include water-based exercise, which may be useful for adding a low joint-impact exercise option to facilitate exercise engagement.

Want to read deeper into this topic? Have a look at the free full text version of this article published in [Journal of Physiotherapy](#)!

> From: Scheer, *J Physiother* 67 (2021) 284-290. All rights reserved to Australian Physiotherapy Association. [Click here for the online summary.](#)



Sign up on our website and get access to the latest evidence based articles reviewed and explained by our experts.

Visit [www.anatomy-physiotherapy.com](http://www.anatomy-physiotherapy.com)

Anatomy & Physiotherapy works with international renown experts and writers to provide a current and evidence-based content service to students, physiotherapist, musculoskeletal health professionals and educational institutes around the world in 5 key thematic areas and 7 different languages.

The best summaries to help you to improve your care. Easy and accessible.



Musculoskeletal



Aging & Chronic  
Diseases



Women's Health



Lifestyle &  
Prevention



Psychosomatic