



Expand Cardiopulmonary Programs

Typical symptoms of cardiovascular disease include pain in the chest and arms, shortness of breath, nausea, fatigue, lightheadedness, dizziness, and cold sweats. Patients might feel depressed, tired and rundown and may experience challenges participating in therapy. The goal of cardiac rehabilitation is to help regain strength and independence, improve patients' quality of life, and reduce the risk of future episodes.

An effective cardiac rehab program engages patients in physical activity exercises to improve cardiovascular and muscular fitness. Jintronix offers a comprehensive set of activities and exercises that support physical exertion, endurance, and muscle strengthening.

Exercises

Over 60 applicable exercises, including:

- Lateral Lunge Arms Up
- Toe points arms forward
- Side Step arms up
- Step touch arms forward

Immersive Activities

- Lateral reaching and sidestepping
- Leg extensions
- Kicking
- Lateral Weight Shift
- Squatting
- Leg raises
- Knee lifts

Provider Case Study

36 patients with cardiac conditions participated in a Jintronix cardiopulmonary program at The New Jewish Home, a skilled nursing facility. The rate of rehospitalization for patients with cardiac conditions **declined by 4%**.

[Read Case Study](#)





An engaging approach gets results

Clinical studies show that engaging and interactive approaches boost patient enjoyment of therapy, the intensity of rehab and clinical outcomes. Jintronix enables you to incorporate multiple interactive activities into your cardiopulmonary rehab program.

Customize Activities for a Just Right Challenge

- Number of repetitions
- Movement speed
- Reaction time
- Degree of weight shift
- Squat depth



FOOTBALL



SOCCER



SKI



WALKING ADVENTURES



FANTASTICAL

Clinical Implementation

- ✓ Individual Therapy
- ✓ Group/Concurrent Therapy
- ✓ Restorative / Wellness Programs

Assistive Devices

- ✓ Wheelchair
- ✓ Walker
- ✓ Cane