

Table I. Baseline characteristics and exercise regimen during cardiac rehabilitation in spontaneous coronary artery dissection (SCAD)

Patient no.	Age, years/ Sex	AACVPR category	Type of exercise	Initial			
				30 days	60 days	90 days	
I	43/M	High	Aerobic	24 min 4.7 (4.1)	34 min 4.9 (4.5)	34 min 6.1 (5.6)	36 min 7.9 (6.5)
			Resistance	Treadmill Biking	Treadmill Biking	Treadmill Biking	Treadmill Biking
			None	(1 exer-15 reps-2 sets) (40 ChePr)* 6 th weeks	(3 exer-15 reps-2 sets) (50 BaRo, 50 ChePr, × BaSq)*	(3 exer-15 reps-2 sets) (55 BaRo, 55 ChePr, × BaSq)*	
II	53/F	Intermediate	Aerobic	30 min 5.7 (4.3)	30 min 5 (4.7)	45 min 5.0 (4.1)	35 min 5.2 (4.9)
			Resistance	Treadmill Biking Airdyne	Treadmill Elliptical Rowing machine	Treadmill Elliptical Rowing machine	Treadmill Elliptical Hand weight
			(3 exer-12 reps-1 set) 3 rd week (5 BeRo, 5 BiC, 5TEEx)*	(5 exer-12 reps-2 sets) (8 BeRo, 8 BiC, 8 TEx, 8 UpRo, 5 FroRa)*	(6 exer-12 reps-2 sets) (8 BeRo, 8 BiC, 8 TEx, 8 UpRo, 5 FroRa, 6 BaSq)*	(6 exer-12 reps-2 sets) (8 BeRo, 8 BiC, 8 TEx, 8 UpRo, 5 FroRa, 6 BaSq)*	
III	30/M	Low	Aerobic	30 min 5.7 (4.8)	45 min 11.5 (7.8)	45-50 min 11.5 (8.1)	36 min 9.0 (6.7)
			Resistance	Treadmill Airdyne Rowing machine	Treadmill Airdyne Rowing machine	Treadmill Elliptical Airdyne	Treadmill Treadmill Elliptical
			(3 exer-15 reps-1 set) 3 rd week (30 ChesPr, 35 UppBa, 50 Abd)*	(3 exer-15 reps-2 sets) (30 ChesPr, 35 UppBa, 50 Abd)*	(3 exer-15 reps-2 sets) (30 ChesPr, 35 UppBa, 50 Abd)*	(3 exer-15 reps-2 sets) (35 ChesPr, 35 UppBa, 50 Abd)*	
IV	39/F	Low	Aerobic	30 min 4.2 (3.8)	37 min 5.5 (4.7)	40 min 6.0 (4.9)	45 min 6.0 (5.5)
			Resistance	Treadmill Biking Airdyne	Treadmill Biking Airdyne	Treadmill Biking Rowing machine Airdyne	Treadmill Biking Elliptical Rowing machine
			(2 exer-12 reps-1 set) 3 rd week (5 BiC, 5 UpRo)*	(3 exer-12 reps-1 set) (5 BiC, 5 UpRo, 5 TEx)*	(5 exer-12 reps-1 set) (5 BiC, 5 UpRo, 5 TEx, 15s PlaH, × BaSq)*	(5 exer-12 reps-1 set) (8 BiC, 8 UpRo, 8 TEx, 15s PlaH, × BaSq)*	
V	47/F	Low	Aerobic	10 min (7/7) 3.3	24 min (8/4) 4.4 (4.2)	32 min 5 (4.7)	32 min 5.2 (4.6)
			Resistance	Biking	Treadmill Biking	Treadmill Biking Rowing machine	Treadmill Biking
			(2 exer-12 reps-2 sets) 4 th week (8 ChPr, 8 BacRow)*	(2 exer-12 reps-2 sets) (10 ChePr, 8 BaRo)*	(6 exer-12-15-1/2 sets) (12 ChePr, 10 BaRo, 5 BiC, 3 Tex, 5 UpRo, 3 FroRa)*	(6 exer-12-15-1/2s ets) (12 ChePr, 10 BaRo, 5 BiC, 3 Tex, 5 UpRo, 3 FroRa)*	
VI	57/F	Intermediate	Aerobic	15 min 2.6 (2.6)	20 min 3.6 (3.3)	36 min 5.2 (3.8)	42 min 5.2 (3.8)
			Resistance	Treadmill	Treadmill Biking	Treadmill Biking Rowing machine	Treadmill Biking Rowing machine
			(4 exer-12 reps-1 set) 3 rd week (3 BiC, 3 TEx, 3 UpRo, 3 BaRo)*	(4 exer-12 reps-1 set) (3 BiC, 3 TEx, 3 UpRo, 3 BaRo)*	(4 exer-12 reps-2 sets) (4 BiC, 4 TEx, 4 UpRow, 4 BaRo)*	(4 exer-12 reps-2 sets) (5 BiC, 5 TEx, 5 UpRo, 5 BaRo)*	
VII	45/F	Low	Aerobic	30 min 5.7 (5.6)	40 min 5.7 (5.7)	50 min*** 5.7 (5.7)	Enrolled for 6 weeks only
			Resistance	Treadmill Biking	Treadmill Rowing machine	Treadmill Biking	
			None	(3 exer-15 reps-2 sets) (8 BiC, 8 TEx, 8 UpRo)*	(5 exer-12 reps-2 sets) (8 BiC, 8 Tr, 8 UpRo, 8 BaRo, 8 FroRa)*		
VIII	55/F	Intermediate	Aerobic	35 min 5.6 (5.4)	35 min 5.5 (5.5)	35 min 5.5 (5.4)	40 min 9.1 (7.3)
			Resistance	Treadmill Airdyne	Rowing machine Airdyne	Rowing machine Airdyne 5	Treadmill Rowing machine
			(3 exer-15 reps-2 sets) (25 ChePr, 25 UppBac, 133 LegPR)*	(6 exer-15 reps-1/3 sets) (20 ChePr, 20 UpBa, 133 LegPr, 15 Creball, 15 TweBal, 15 WaSq)*	(6 exer-15 reps-1/3 sets) (20 ChePr, 20 UpBa, 133 LegPr, 15 Creball, 15 TweBal, 15 WaSq)*	(6 exer-15 reps-1/3 sets) (20 ChePr, 20 UpBa, 133 LegPr, 15 Creball, 15 TweBal, 15 WaSq)*	

Table I. Cont

Patient no.	Age, years/ Sex	AACVPR category	Type of exercise	Time points			
				Initial	30 days	60 days	90 days
IX	48/F	Low	Aerobic	32 min	44 min	44 min***	Enrolled for 6 weeks
				5.5 (4.2)	4.1 (3.9)	6.3 (5.3)	
				Treadmill	Treadmill	Treadmill	
				Bike	Biking	Biking	
			Resistance	None	(3 exer-15 reps-2 sets) (BiC, Tex, FroRow)	(5 exer-15 reps-2 sets) (BiC, Tex, FroRow, BackRow, UpRow)	
X	45/F	Intermediate	Aerobic	30 min	42 min	42 min	42 min
				3.8 (3.8)	6.3 (6.3)	8.3 (8.3)	8.3 (8.3)
				Treadmill	Treadmill	Treadmill	Treadmill
				Biking	Biking	Biking	Biking
				Elliptical	Elliptical	Elliptical	Elliptical
				Resistance	(3 exer-10-12 reps-2 sets) 2 nd week (8 BiC, 8 TEx, 5 Lat)*	(4 exer-10-12 reps-2 sets) (8 BiC, 8 TEx, 5 Lat, x BaSq)*	(6 exer-10-12 reps-2 sets) (8 BiC, 8 TEx, 5 Lat, x BaSq, 50s PlaH, 35 ChePr, 20 BaRo)*

*(Weight in pounds, x: no weight, s: seconds of plank holding).

Resistance exercises: BiC: biceps curls; TEx: triceps extension; Lat: lateral raise; BaSq: ball squats; PlaH: plank holding; BaRo: back row; BeRo: bent row; UpRo: upright row; ChePr: chest press; FroRA: front raise; Abd: abdominal crunch; UppBa: upper back; LegPr: leg press, CreBall: crunch with ball; TweBa: twist with ball.
AACVPR: American Association of Cardiovascular and Pulmonary Rehabilitation; AACVPR risk categories: Low risk: If all of these are met (left ventricular ejection fraction >50%, No resting or exercise-induced complex dysrhythmias, Uncomplicated myocardial infarction (MI), Coronary Artery Bypass Grafting, angioplasty, atherectomy, or stent, Absence of chronic heart failure (CHF) or signs/symptoms indicating post-event ischaemia, Normal haemodynamic and ECG responses with exercise and in recovery, Asymptomatic with exercise or in recovery, including absence of angina, Maximal functional capacity at least 7.0 metabolic equivalents (METs), absence of clinical depression or depressive symptoms); Intermediate risk: Not in low- or high-risk category (left ventricular ejection fraction=40-50%, signs/symptoms including angina at "moderate" levels of exercise (60-75% of maximal functional capacity) or in recovery, Mild to moderate silent ischaemia ST depression less than 2 mm) with exercise or in recovery); High risk: If 1 or more than 1 present (left ventricular ejection fraction <40%, Survivor of cardiac arrest or sudden death, Complex ventricular dysrhythmias (ventricular tachycardia, frequent [> 6/min] multiform premature ventricular complexes) at rest or with exercise, MI or cardiac surgery complicated by cardiogenic shock, CHF, and/or signs/symptoms of post-procedure ischaemia, Abnormal haemodynamics with exercise, especially flat or decreasing systolic blood pressure or chronotropic incompetence with increasing workload, Significant silent ischaemia (ST depression 2 mm or greater without symptoms) with exercise or in recovery, Signs/symptoms including angina pectoris, dizziness, light-headedness or dyspnoea at low levels of exercise (< 5.0 METs) or in recovery, maximal functional capacity less than 5.0 METs, clinically significant depression or depressive symptoms) ***Data at completion of limited cardiac rehabilitation (CR) (CR ended prior to day 60).