



Exercise recommendations for SCAD and FMD patients

Recommended

- Cardiac rehab
- Moderate aerobic exercise
- Interval training
- Weight training with low resistance/
high repetitions



Be cautious

- Endurance aerobic training
- Muscle-building exercises
- Yoga poses without extreme head and
neck positions



Avoid

- Abrupt, high-intensity exercise
- Peak weights with prolonged
Valsalva movements
- Contact sports
- Extreme head positions

