

## Impact of Pediatric Cardiac Rehabilitation on the Physical Condition of Children with Congenital Heart Defects

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**Abstract :** Pediatric cardiac rehabilitation has the potential to benefit many children with congenital heart defects (CHD). Instead of excellent surgical results most of children usually present with a depression of physical condition so early rehabilitation program is recommended to avoid that decline in physical tolerance and prevent any post surgical complications. Unfortunately, the limited experience with and availability of these programs has caused the benefits of cardiac rehabilitation to be unavailable to most children with CHD. Therefore, it is recommended to study that field in more detail and apply it on wider scale.

**Keywords :** pediatric cardiac rehabilitation, congenital heart disease, quality of life, pediatric

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