**EFFECT OF EXERCISES ON LEFT VENTRICULAR EJECTION FRACTION IN HYPERTENSIVE PATIENTS**

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ABSTRACT:

The aim of this work was to determining the effect of an exercise program to improve left ventricular ejection fraction in mild to moderate hypertensive patient without left ventricular hypertrophy .

Fifteen experimental hypertensive patients as group I have been examined with the age of 42±7.4 They completed 6 weeks program of gradual treadmill exercise program.

Group II consists of 15 controlled hypertensive patients with the mean age of 45±3.9 , they have not been trained by the treadmill compared their ejection fraction (EF) as with group I.

The left ventricular ejection fraction (LVEF) was determined by using the echocardiographic technique and specially the M.Mode records.

There was a significant increase in ejection fraction after the exercise pro­ gram. It was concluded that the decline in ejection fraction of hypertensive patient may be improved by program of gradual active exercise.