

Heart rehab in your own home

UNIVERSITY researchers have created heart technology that can rehabilitate patients in their own home.

The interactive home exercise programmes are being developed by scientists at Dublin City University. Cardiovascular disease costs the EU economy almost €196 billion every year.

DCU's School of Health and Human Performance is leading the €5 million PATHway, or Physical Activity Towards Health, project. It will include exercise instruction and advice from an online personal trainer. Dr Kieran Moran, of DCU, said: 'This is aimed to help people better self-manage their health.'

