

SCARSTORIES · A LITTLE COMPANY ON THE WAY

Level four on the bike

Omar K. — stent life · 10 Sep 2026

Week 6 of cardiac rehab done. They had me on the bike at level 4 today and my heart rate stayed under the 115 ceiling they gave me.

The nurses watch the ECG the whole time and honestly that's the only reason I dared push it. If you're on the fence about joining a rehab program — go. The fear of exercise after a stent is worse than the exercise itself.

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.