

Physical activity

Sports can be of great value considering body weight, blood pressure and fitness of the patient. Many symptoms like aches, pains and migraines may benefit from exercise. Sports can also be dangerous if they are accompanied by a significant increase in arterial blood pressure or if there is a risk of impact (to the eye in particular).



WHAT IS RECOMMENDED

- Endurance sports such as swimming, walking, running, and cycling.
- The physical activity level should be adjusted by the cardiologist based on the evaluation of aortic dimensions and valvular function, both in children and adults.



WHAT YOU SHOULD NOT DO

- Abrupt, isometric exercises, such as weightlifting, football, basketball, handball, and tennis.
- Expose oneself to the risk of bodily collisions which could increase the likelihood of ectopia lentis.