

# Pulmonary Rehabilitation

## Home Exercise Programme



# Contents

- 3** Why Continue Exercising?
- 4** The Benefits of Exercise
- 6** Precautions to Exercise
- 7** BORG scale - Modified Rate of Perceived Exertion
- 8** Aerobic Exercise
- 9** Walking Diary (Aerobic Exercise)
- 10** Additional Aerobic Exercises
- 11** Strengthening Exercise
- 12** Strengthening Exercises Diary
- 13** Using Weights at Home
- 14** Discharge
- 14** Data Protection

# Introduction

Congratulations on completing the pulmonary rehabilitation programme. We hope that you are feeling the benefits.

Although the programme is complete, it is important for you to maintain your exercises. This booklet will explain why this is important and provide some useful advice on exercises.



## Why Continue Exercising?

It is extremely important that you carry on exercising. It is essential that you maintain the progress you have made in Pulmonary Rehabilitation because the following may happen if you do not:

- Your exercise tolerance and fitness will decrease, leading to an inability to complete activities and increased breathlessness.
- You will become breathless doing simple activities.
- You may have more exacerbations (worsening of your symptoms) and hospital admissions.
- Your quality of life may deteriorate if you cannot complete your daily activities/leave the house.



## Benefits of Exercise

Two difficult messages to understand and convey:

- Breathlessness whilst exercising is normal
- Feeling short of breath while exercising is not harmful or dangerous

Unfortunately, people with chronic lung conditions feel breathless, which can be frightening. They may feel that becoming short of breath is harmful. To avoid this, people may avoid activities in which they become breathless. However, by reducing activities, you become unfit, tired, and even short of breath when completing tasks. By gradually building on your exercise ability, it can make you breathe and feel better.





There are benefits to doing even a small amount of exercise.

### **Strengthening**

- Increases the size of muscles and strengthens them
- Increases the strength of thigh muscles (quadriceps), making walking easier
- Stronger bones and joints
- Improves coordination and balance
- Decreases body fat % by increasing lean muscle

### **Aerobic (cardio-respiratory)**

- Lowers heart rate
- Lowers blood pressure
- Lowers cholesterol (fat)
- Improves blood circulation
- Decreases breathlessness

### **Psychological (mental health)**

- Improves your mood
- Makes you feel relaxed
- Reduces stress, anxiety, tension and depression
- Improves self-esteem and confidence
- Reduces feelings of social isolation.



# Precautions to Exercise

We would advise you not to exercise or to stop your exercise if you experience any of the following symptoms:

- Nausea/feeling sick
- Dizziness
- Weakness
- Rapid or irregular heartbeat
- Severe shortness of breath
- Tightness in the chest
- Increase in sputum production/change in colour (i.e. if you have developed a chest infection)
- Pain

If you do experience any of the above, then please get in touch with your GP.

## **Caution**

**You must always ensure you carry your reliever inhaler with you when exercising.**

# BORG Modified Rate of Perceived Exertion (RPE)

The Borg scale is commonly used to rate the effort someone puts in to complete their exercise. The Borg scale will have been explained during your assessment/pulmonary rehab sessions. By varying the level of intensity during exercise, it allows you to incorporate a warmup and cool-down during your exercise session. By practicing this and doing a little more each time you exercise, you will continue to progress in your fitness.

- Use this scale below to help achieve the right exercise intensity.
- Whilst completing your warm-up/cool-down, try and exercise at levels 1-2.
- When completing your main exercise programme, aim to exercise at levels 3-4 and sustain this level for as long as you can.
- Once you reach above level 4 or feel too breathless to continue with your exercise, rest or reduce the pace/intensity.

It is important to work at a level 3-4 in order to improve cardiovascular fitness. If you continue to work at level 2, your fitness will not improve.

0	Rest
1	Really easy
2	Easy
3	Moderate
4	Sort of hard
5	Hard
6	
7	Really hard
8	
9	Really, really hard
10	Maximal: Just like my hardest race

# Aerobic Exercise

The best thing you can do is walk.



Aim to complete a daily walk (outside or inside)



Record the time you manage to walk for in the appropriate box



Aim to walk for 20-40 seconds longer than the previous day



Try incorporating a warm-up and cool-down within your walking (using the BORG scale).

For example, if you are going out for a twenty-minute walk, spend five minutes warming up and walking at a level 1-2 on the BORG scale; then increase the intensity and spend ten minutes working at a level 3-4; and then cool down by walking for five minutes at a level 1-2. This is just an example if you cannot manage twenty minutes of walking, then adapt this to your own pace and time.

Try to complete your walking progress in the exercise diary on the next page.



# Walking Diary (Aerobic Exercise)

	Day	Date	Minutes of continuous walking
<b>Week 1</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		
<b>Week 2</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		
<b>Week 3</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		
<b>Week 4</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		
<b>Week 5</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		

	Day	Date	Minutes of continuous walking
<b>Week 6</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		
<b>Week 7</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		
<b>Week 8</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		
<b>Week 9</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		
<b>Week 10</b>	Walking target:		
	Mon		
	Tue		
	Wed		
	Thur		
	Fri		
	Sat		
	Sun		

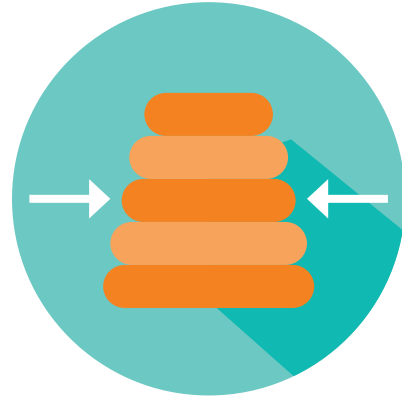


# Strengthening Exercise

Please see the following pages for specific exercises and complete the following:



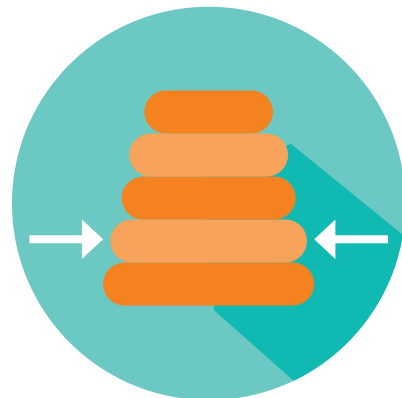
Complete the specified strengthening exercises three times a week



Select the correct weight for each exercise and complete three sets of eight repetitions



Once you can comfortably complete all three sets, increase the weight you are using by 0.5 kg



As your strength improves continue to progress the exercises by increasing the weight when appropriate

Please document your weight and progress in the table provided.

Please see advice on homemade hand weights.



# Using Weights at Home

If you wish to purchase your own weights for home use, speak to one of the pulmonary rehabilitation staff, who will advise you. A Theraband (exercise band) can also be purchased, and you will be shown how to use this safely. You can also make your own weights by filling an empty 4-pint milk carton with water to the appropriate weight you require.

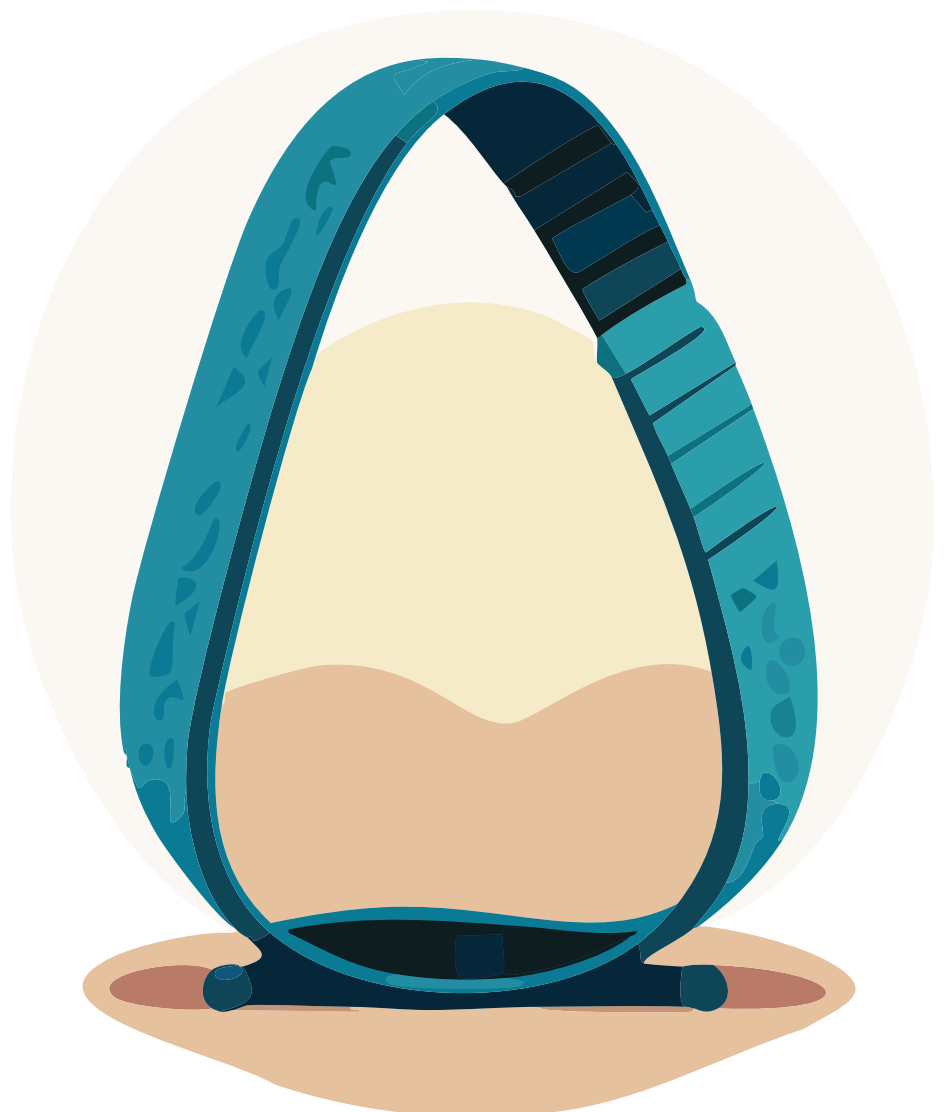
The following can be used for the arm weights, sit to stand and step up exercises:

1 pint marker: 0.5 kg

2 pint marker: 1 kg

3 pint marker: 1.5 kg

4 pint marker: 2 kg





# Discharge

You have successfully completed the Pulmonary Rehabilitation Programme and have been discharged. If you have concerns following discharge from our team, you must contact your GP.

## Data Protection

Any personal information is kept confidential. Occasionally, your information needs to be shared with other care professionals to ensure you receive the best care possible. To assist us in improving the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews.







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LIVES**