

# Pulmonary Rehabilitation Exercise Diary





## Your Exercise Diary

This exercise diary is to be used with your pulmonary rehabilitation programme.

You are encouraged to complete a third exercise session and attend pulmonary rehabilitation classes twice a week for the best results. You have been given this diary to guide you in exercising safely at home.

**Please bring your exercise diary to every pulmonary rehabilitation class**

# Warm Up

Always warm up by stretching and complete your chest clearance exercises before exercise. This will reduce the risk of injury, prepare your body for exercise, and optimise the oxygen you supply to your muscles. Remember your breathing control.

The Borg scale below can help you with this, do not allow yourself to become more than moderately breathless, take regular rests and use techniques such as positioning and pursed lip breathing to support this.

Your course instructor will guide you with this.

## 1-10 Borg rating of perceived exertion scale

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

# Warm Up Exercises



Neck (moving head up and down side to side x4)



Shoulders (shrugs and circles in both directions x4)



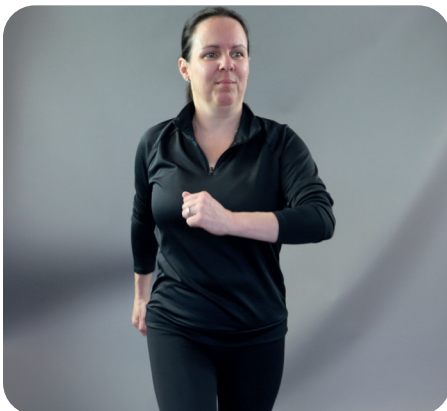
Chest twists (with your arms folded, twist the top part of your back while keeping your hips still x8)



Hip circles (both directions  
x 4)



Heel digs to front, and toe  
taps to side (4 of each on  
each side)



Marching on the spot 30  
secs

# 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



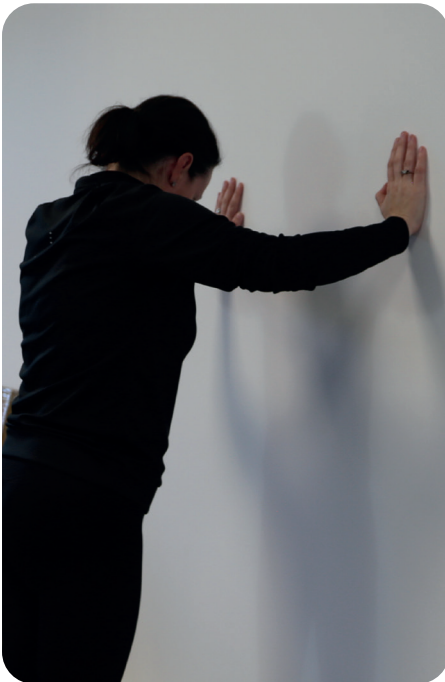
# Exercises





### **Sit to stand from a chair**

Try not to use your hands. Sit near the front of your chair, lean forwards and slowly stand up, straighten your knees, and then return to a sitting position and repeat.



### **Wall press ups**

In front of a wall, place both hands flat on the wall at shoulder height and width. Keep your back straight, lean towards the wall, bend your elbows as far as possible, and straighten your elbow, returning to a standing position.





### **Step ups**

Stand in front of a step with a wall at your side for balance, step up with one foot (good leg), bring the other foot to meet it and then step back down (weaker leg).



### **Arm weights**

In a seated position, hold hand weights or exercise resistance band. Keep palms facing upwards, bend elbow to bring weight/band to each shoulder and lower, and slowly repeat.



### **Knee extensions**

In a seated position, place an exercise band around your ankle, support the leg with the resistance band and lift up slowly to straighten your knee. Hold for 3 seconds and return your leg to the ground.

Repeat on both sides.



### **Over head weight**

Hold the weight close to the chest in a seated position. Straighten arms and hold weight in front of the body for 2 seconds. Return to the chest and straighten your arms to hold the weight above your head for 2 seconds, then return to your chest.



## **Walk**

Either marching on the spot or outside.



## **Extra activity**

i.e. shopping, gardening, housework, swimming etc.

# Exercise Record

	<b>Week one</b>	<b>Week two</b>
<b>Sit to stand from chair</b>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Wall press ups</b>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Step ups</b>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Arm weights</b>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Knee extensions</b>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Over head weight</b>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Walk</b>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Extra activity</b>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>

<b>Week three</b>	<b>Week four</b>	<b>Week five</b>	<b>Week six</b>
Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>	Aim for: mins Yes <input type="checkbox"/> No <input type="checkbox"/>
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# Cool Down (Seated)

**It is important to seek medical attention/advice from your course instructor or GP should you sustain any injury or become unwell during exercise.**



## **Control breathing**

With your hand on your tummy, take slow breaths through your nose and out through your mouth. Ensure that you relax your shoulders.





### **Back stretch**

With both arms outreached in front of you, arch your back, reaching as far forward as you can.



### **Chest stretch**

Place both of your arms behind you, pulling your shoulders back and downwards.



### **Trunk stretch**

Keep your bottom on the chair, fold your arms and twist to turn your upper body, aiming to look over each shoulder. Hold the position on each side for 4 seconds.



### **Side stretch**

Leaning to each side, take the opposite arm up and stretch it up over your head, and hold the position for 10 secs. Repeat to your other side.



### **Upper leg/quadriceps**

Sitting on the front of the chair, place one leg out straight in front of you and the other leg bent at the knee as far under the chair as comfortable, lean back in the chair and hold for 30 secs. Repeat with the other leg.



### **Back of leg**

Place one leg straight out in front of you. Your other leg should remain bent, with your foot flat on the floor. Lean forward onto the bent leg and point your toes on your straight leg upwards towards your nose. Hold for 30 secs. Repeat for your other leg.

# Goal Setting

Before starting Pulmonary Rehabilitation, a goal should be set to evaluate your progress. This could be returning to a hobby or activity that your breathing has limited your ability to complete. Some people make goals such as walking 1 mile within 20 mins. Throughout the six weeks, you are encouraged to make smaller goals every week to work towards a main goal.

**Main goal:**

At the start of each week, you must record a small goal and mark it as achieved, partly achieved or unsuccessful. Your course instructors will review these.

<b>Goal</b>	<b>Achieved/partly achieved/ unsuccessful, clinicians comments</b>
1:	
2:	
3:	
4:	
5:	
6:	

# How Did We Do?

We welcome your feedback, as it helps us evaluate our services. If you want to tell us about your experience, please request a Tell Us What You Think card. If you prefer to speak with someone in person about your experience, please email [bh1td.pulmonaryrehab@nhs.net](mailto:bh1td.pulmonaryrehab@nhs.net) or phone 0800 9160625.

Upon completing your Pulmonary rehabilitation course, you will be encouraged to attend exercise/well-being maintenance groups in your local area, which your instructor will provide details of.









For more information please contact:

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Call: 0800 9160625

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