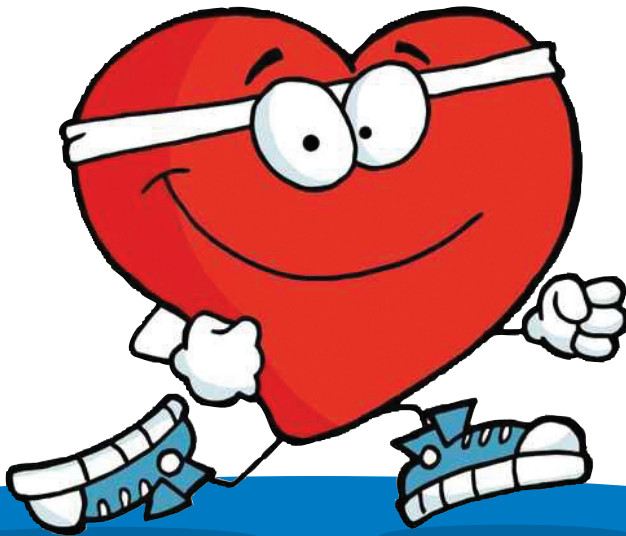


RUH

Information for Patients

Cardiac Rehabilitation Programme Exercise Guidelines



EXERCISE GUIDELINES

Please ensure that you read the complete booklet before using it. Bring this booklet with you every time you attend the programme.

It is recommended that all of us perform moderate exercise for at least 30 minutes a day, six days a week.

You need to see this as a long-term aim and you will need to build up gradually to the recommended targets.

You may introduce any **one** of the following exercises **per day** as directed on the days which you are not exercising with us.

It is important to warm up for 15 minutes prior to any exercise to prepare the body and heart for work. Cool down and stretch afterwards for another 15 minutes is also important to prevent muscle stiffness and to bring the heart rate down gradually and safely.

1. Repeat the exercises (**at the same stage**) which you are undertaking in hospital programme. See page 6.
2. Walk for up to 30 minutes depending on your individual condition.
3. Introduce gentle cardiovascular exercise such as bowling, carrying shopping, light gardening, general house work i.e. ironing, vacuuming, brisk walking.
4. **From session 6 only and after consultation with CR Staff:** cycling, swimming, golf, gardening, dancing, jogging, washing the car or anything else which makes you huff and puff a bit.

You may need to start with less than 30 minutes of exercise and increase it gently over several weeks.

We must review your record sheets every time you have your blood pressure checked (sessions four and seven) or if you have any questions and before you introduce any of the exercises in No.4.

- Ensure that you are working at the correct level by using the “How It Feels” scale. See page 5.
- You can increase or decrease the intensity of the exercise by changing the:
 - rate - moving faster or slower
 - range of movement - making of the movement bigger or smaller
 - resistance - using heavier or lighter bands or weights
- If you find you need to take a rest during the exercises it may mean you have been working too hard and you should adjust the intensity at which you have been working.
- Remember - to perform the exercises safely and effectively it is important to maintain good posture throughout
 - If standing still keep your feet apart to ensure a stable base
 - Shoulders back and down
 - Keep your back straight and stand tall
 - Keep your chin parallel to the ground
 - Tighten your lower abdominal muscles
- Remember not to sacrifice good exercise technique for speed - make sure the movement is controlled and well aligned.

FACTORS AFFECTING EXERCISE

BEFORE EXERCISING, PLEASE INFORM THE CARDIAC REHABILITATION TEAM IF ANY OF THE FOLLOWING HAVE OCCURRED:

- angina/ chest pain
- increased breathlessness at rest or on exercise
- palpitations
- ankle swelling
- dizziness
- cramp / pain
- muscular back pain
- recent general illness
- any change in medication /tablets
- any change in blood pressure

THE 'HOW IT FEELS' SCALE

- 1 Very, very light / no problem**
- 2 Very light / very easy**
- 3 Fairly light / easy**

- 4 Moderate / beginning to feel puffed**
- 5 Fairly hard / feeling a bit puffed**
- 6 Hard, feeling puffed**

- 7 Very hard / tiring**
- 8 Very, very hard / very tiring**
- 9 Exhausting / out of breath / shattered**
- 10 Maximum / exhausted**

- After you have warmed up, please ensure that you are exercising at a level 4 - 6 (middle box)
- If you have missed any exercise sessions, your activity levels have reduced for any reason e.g. illness, medication or you feel particularly tired remember to work at a lower level for your first session back and build up gradually

HOSPITAL CARDIAC REHABILITATION EXERCISES

STAGE 1 30 seconds on each exercise

- | | |
|------------------------|----------------------|
| 1. Squats | 5. Arm raises - side |
| 2. Arm raise - forward | 6. Step ups |
| 3. Leg back | 7. Hamstring curls |
| 4. Static bike / walk | 8. Wall press ups |

STAGE 2 1 minute on each exercise

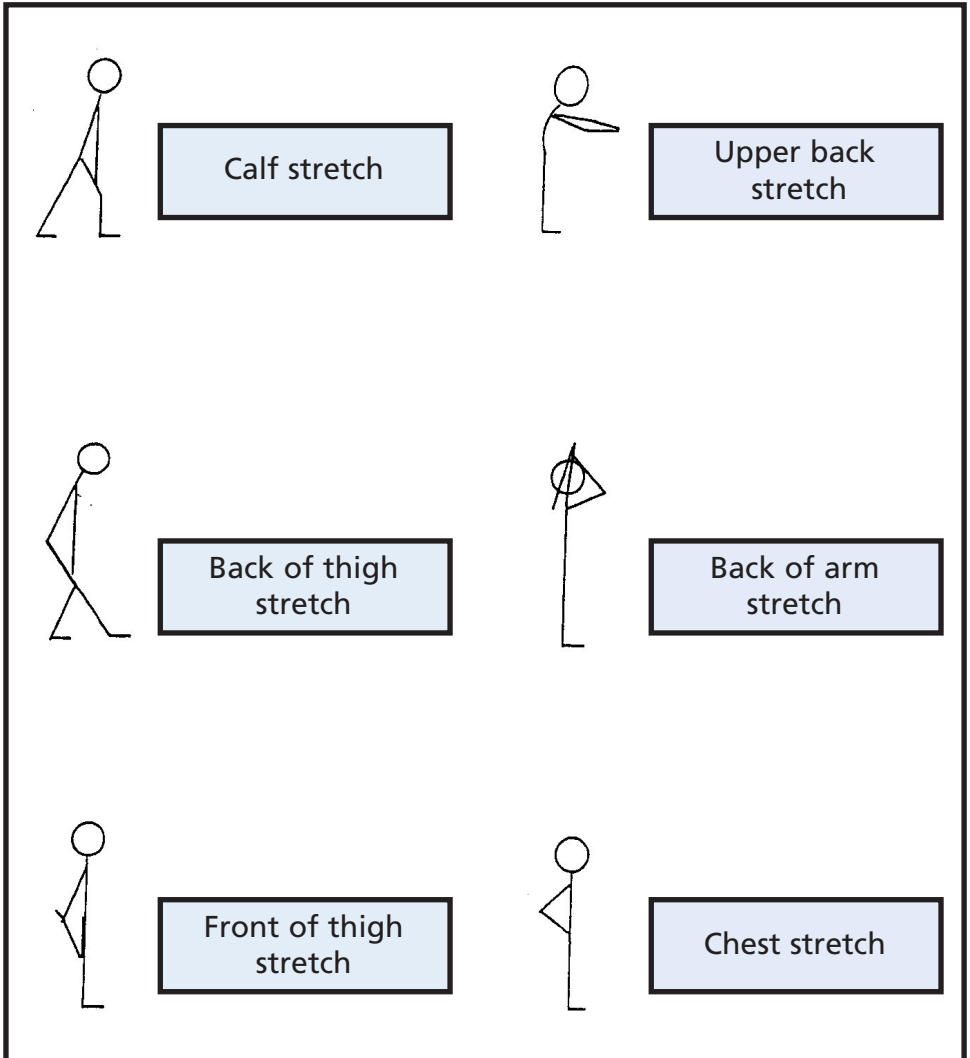
- | | |
|------------------------|----------------------|
| 1. Squats | 5. Arm raises - side |
| 2. Arm raise - forward | 6. Step ups |
| 3. Leg back | 7. Hamstring curls |
| 4. Static bike / walk | 8. Wall press ups |

STAGE 3 1 minute and 30 seconds on each exercise

- | | |
|-----------------------|--------------------|
| 1. Squats | 5. Side taps |
| 2. Knee raises | 6. Step ups |
| 3. Leg back | 7. Hamstring curls |
| 4. Static bike / walk | 8. Wall press ups |

STRETCHES FOR CARDIAC REHABILITATION

**IT IS IMPORTANT TO INCLUDE STRETCHING AS PART OF YOUR COOL DOWN PROCESS.
WHEN YOUR MUSCLES ARE WARM - HOLD EACH STRETCH FOR 20 - 30 SECONDS**



EXERCISE RECORD

Week 1	Type of Activity	Time Taken	'How it Feels' (1-10) see pg5
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Concerns / Questions

Week 2	Type of Activity	Time Taken	'How it Feels' (1-10) see pg5
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Concerns / Questions

EXERCISE RECORD

Week 3	Type of Activity	Time Taken	'How it Feels' (1-10) see pg5
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Concerns / Questions

Week 4	Type of Activity	Time Taken	'How it Feels' (1-10) see pg5
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Concerns / Questions

EXERCISE RECORD

Week 5	Type of Activity	Time Taken	'How it Feels' (1-10) see pg5
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Concerns / Questions

Week 6	Type of Activity	Time Taken	'How it Feels' (1-10) see pg5
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Concerns / Questions

EXERCISE RECORD

Week 7	Type of Activity	Time Taken	'How it Feels' (1-10) see pg5
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Concerns / Questions

Week 8	Type of Activity	Time Taken	'How it Feels' (1-10) see pg5
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Concerns / Questions

EXERCISE RECORD

Week 9	Type of Activity	Time Taken	'How it Feels' (1-10) see pg5
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Concerns / Questions

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