

PULMONARY REHABILITATION

EXERCISE PROGRAMME

This exercise programme should be performed once a day.

Aim to do exercises 5 – 10 for 1 minute each initially, increasing as you are able.

If you are not feeling well do what you feel able to manage. When you feel well enough to start the programme again build up gradually as before.

The exercises are designed to:

- (a) Improve your strength and stamina
- (b) Mobilise your chest
- (c) Make you short of breath

The aim of the exercise programme is to maintain and improve your exercise tolerance, i.e. the amount you can do before becoming breathless.

The exercises will also give you confidence in coping with your breathlessness.



Sitting

Turn your head to one side until you feel a stretch. Hold approx 3 secs.

Repeat to other side

Repeat 5 times in each direction



Sit or Stand

Roll your shoulders in both directions.

Repeat 5 times in each direction



Sit on a chair and cross your arms over your chest.

Keep you hips and knees facing forward, turn to look over your opposite shoulder.

Repeat to other side and remember to breathe during the exercise.

Repeat 5 times in each direction



Sitting

Gently breathe in, as you breathe out bend forwards slowly reaching down to your knees and trying to touch your toes. As you breathe in again return slowly to an upright position, stretch your arms above your head as you exhale.

Repeat 5 times



Sit or stand

Holding a small tin or bottle full of water weighing approx 500g. Support the elbow of the arm to be exercised with your other hand as shown in this picture. Bend and straighten the elbow. Repeat with both arms.

Repeat 5 times for each arm



Sit or stand

Holding a small tin or bottle full of water weighing approx 500g in each hand. Alternating arms, lift the weights from your chest straight up and down.

Repeat 5 times for each arm



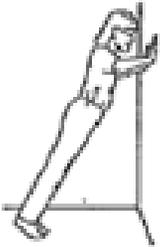
Standing

Holding a rolled-up newspaper or similar object in your right hand. Breathe in, as you breathe out stretch both arms up sideways until they are above your head. Transfer the object to the other hand. Bring your arms down to your sides and breathe in. Put your hands behind your back and transfer the object to the other hand



Stand

March on the spot.



Stand

Facing a wall with your arms straight and hands on the wall, do push-ups against the wall keeping your body in a straight line..



Sitting

With your arms crossed Stand up then sit down slowly on a chair. (This can be made easier or more difficult by changing the height of the chair).

Use a chair with arms if necessary.

Repeat 10 times.



Sitting

Extend your leg, pull your toes up, tighten the front of your thigh muscle and straighten your knee slowly. Hold for approx 5 seconds.

Repeat 10 times.