

Pulmonary Rehabilitation Home Exercise Diary



CG APPROVED ★

**Leaflet Lead: Julie Channell
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Home Exercise

This booklet has been constructed to allow you to record your exercise activity outside of the formal rehabilitation classes.

You must remember to warm up and cool down for at least 5 minutes each before starting and when finishing the main exercises.

Remember to note and record your BORG score while exercising.

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Leaflet provided by (Name):

Grade/designation

Disclaimer for patients:

If you have been provided with this leaflet by someone other than a Physiotherapist, please contact the Physiotherapy Department on 0151 529 3995.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please:

0151 529 2906
listening@aintree.nhs.uk

BORG breathlessness scale

- 0 = Nothing at all**
- 1 =**
- 1.5 = very, very slight**
- 2 = very slight**
- 3 = slight**
- 4 = moderate**
- 5 = somewhat severe**
- 6 = severe**
- 7 =**
- 8 = very severe**
- 9 =**
- 10 = very, very severe**
- 11 = maximal**

Warm up

Ensure you work at a slow pace for the warm up. In standing, holding on to something if necessary:

1. Alternate toe taps in front of you with forward shoulder circles
2. Alternate heel taps in front of you with shoulder circles backwards
3. Alternate toe taps to the side with side arm raises
4. Alternate knee raises with punches forwards
5. Alternate toes behind and back to centre with punches forwards

You should now be warmed up enough to start the main exercise. Try to start the exercises straight away so that your body does not cool down again.

Contact Number

If you have any questions or problems please contact:

Julie Channell
Pulmonary Rehabilitation Physiotherapist
Physiotherapy Department
University Hospital Aintree
Lower Lane
Liverpool
L9 7AL
Telephone No: 0151 529 3995

Walking Plan

Walk daily if possible for a set amount of time. Use the plan below to record your time and help you progress:

| Date | Time | BORG (Before) | BORG (After) |
|------|------|------------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
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| | | | |
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Main Exercises

Ensure you record the time spent doing the exercise or the number of repetitions. Your therapist will advise you on progressing further.

Sit to Stand

Sit on a chair (ensure it is against the wall). Stand up and then sit down again. Repeat. Your therapist will guide you as to how many repetitions to perform.



Shoulder punches

Sit or stand. Start with your elbow bent in line with your shoulders and raise your arm so that it is straight above your head.

Bring your arm back to the starting position and then repeat with your other arm. Continue alternating one arm and then the other. Your therapist will guide you on how many repetitions to perform.



Exercise Diary

| Activity | Time/Reps | BORG | Description |
|-----------|-----------|------|-------------|
| Warm-Up | | | |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| Cool-Down | | | |

- Sitting on the edge of the chair, put one leg out in front of you with your foot resting on the floor. Ensure your knee is really straight and flex your ankle to bring your toes up towards you.

You should feel a stretch in the back of your knee. Hold for 10 seconds and repeat on the other leg.

- Practice your breathing control for a further 30 seconds.

Step ups

Hold on to something solid if you need to. Using the bottom step of your stairs, step your right foot up on to the step and bring your left foot to join it. Step off with your right foot and then your left. Repeat.



Bicep Curls

Start with your arms straight down by your side. If using a small weight (i.e. a tin of beans), hold the weight in the palm of your hand facing the side of your body. Bend your elbow and lift the weight until the palm of your hand faces your shoulder. Return to the starting position.

Repeat with the other arm and continue to alternate. Your therapist will guide you on how many repetitions to perform.



Cool Down

Start in standing

- Holding on to something stable, step one leg in front, bend the front knee and keep the back leg straight. You should feel a stretch in the calf of the back leg. Hold for 10 seconds and repeat on the other leg.
- Gently bend one knee and bring your heel towards your bottom. Hold on to your ankle or the bottom of your trousers. Hold for 10 seconds and repeat on the other leg.

In sitting

- Put your right hand gently over your left shoulder and push against the fleshy part of your arm to stretch the back of your shoulder. Hold for 10 seconds and repeat on the other side.
- Put your right arm above your head. Let your arm bend at the elbow and let your hand go behind your head.
Gently push backwards on the fleshy part of the elbow to stretch the shoulder. Hold for 10 seconds and repeat with the left arm.
- Clasp your hands behind you to stretch the front of your chest. Hold for 10 seconds.
- Clasp your hands in front of you, gently push forwards to stretch your upper back. Hold for 10 seconds.

Lunges

Stand with one leg in front of the other, bend your front knee and lean forwards so that most of your body weight is on the leg which is in front. Bring this leg back to the centre and repeat by taking the other leg forwards. Continue to alternate.



Marching on the spot

Starting in standing, hold on to something solid if necessary and march on the spot. Lift alternate knees up to hip height. Swing opposite arms to shoulder height.



Wall push ups

Stand facing the wall about 2 foot away. Place your hands on the wall, shoulder height and shoulder width apart. Bend your elbows and take your nose to the wall. Then straighten your elbows and return to the starting position. As you move towards the wall breathe in. As you push away from the wall breathe out and try to push your shoulder blades together.



Squats/ wall slide

Stand against the wall. Keeping your back in contact with the wall, slide down the wall by bending your knees. Don't bend your knees past a right angle. Then squeeze your bottom and push through your feet and knees to return to your original standing position. Repeat.

