Calderdale and Huddersfield NHS Foundation Trust

Cardiac Rehabilitation

Home Exercise Programme Beginners

Contents

	Page No
Why Exercise?	1
Saftey Instructions	2
Section 1 - Warm-up	3
Section 2 - Exercise Programme	8
Section 3 - Cool down and Stretch	11

Home Exercise Programme

Why should I take part in regular physical activity and exercise?

Everybody can benefit from exercise. It will help maintain and improve flexibility, strength, stamina, balance and co-ordination. It can help you to relax and cope better with stress. It can give you more energy, help control blood pressure and reduce the effects of Osteoporosis. Combined with a healthy diet it can help control your weight. Regular physical activity can also keep your heart and lungs strong and healthy, and reduce your risk of having a heart attack or stroke.

Exercise has many functional benefits. Regular participation can help make daily activities such as cleaning; shopping, reaching into cupboards and climbing stairs feel easier.

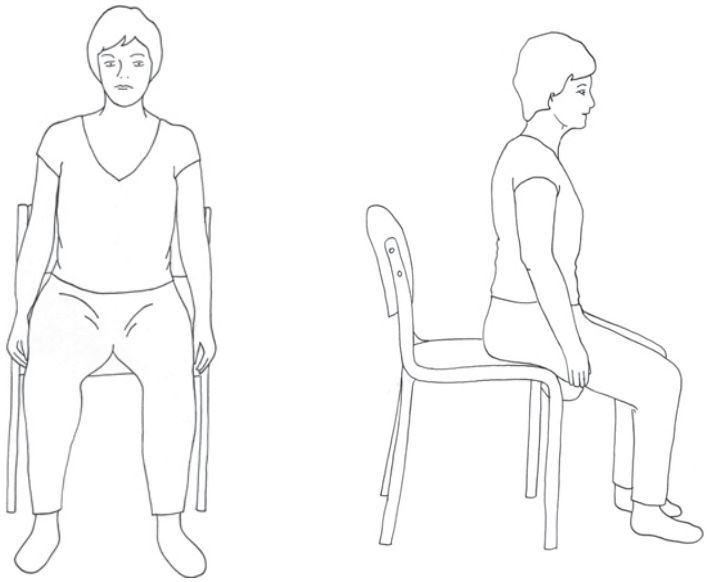
How much and what should I aim to do?

Aim to do this exercise programme once a week initially; your exercise instructor will advise you on increasing this further.

compassionate care

Sitting Position

The chair must be sturdy, placed on a non-slip surface and have a supportive backrest, preferably with no arms rests. Ensure your chair is the correct height so your feet can rest flat on the floor. If your chair is too high, use a footrest, a firm box, or a block of wood so your feet can rest flat. It is also important to sit correctly with good posture throughout the exercises. Sit tall towards the front 3rd of the chair with a straight back, feet hip width apart knees over the ankles.



If you feel tired during any of the following exercises stop and rest by shuffling to the back of your chair and relax your posture for no longer than 2 minutes. When ready to begin again sit tall towards the front 3rd of the chair with a straight back, feet hip width apart and continue.

Safety Instructions

Please ensure you read and follow all instructions carefully:

1. Stop exercising immediately if you feel any chest pain, breathlessness, feel dizzy, sick or in any pain or discomfort.

2. Listen to what your body is telling you and increase your activity levels slowly and gradually over time.

3. Do not exercise within a two-hour period following a heavy meal.

4. Drink plenty of fluid before, during and after exercise.

5. Make sure the space in which you are exercising is clear, so you are not going to trip over or knock into anything.

6. Wear supportive shoes and loose comfortable clothing to allow free movement.

7. Make sure you use a sturdy chair with good back support on a non-slip surface, preferably without arm rests.

8. If you are feeling a little tired, slow down, do smaller movements or rest until you feel you can continue.

Warm-up

Before you start check that you have good posture – sit on the front 3rd of the chair.

Lift alternate legs marching _____ times each leg. Bring in arm swings and

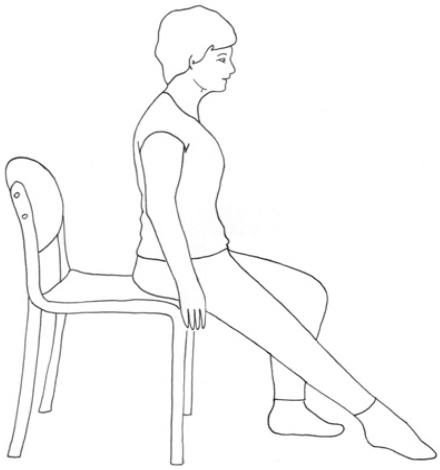
march for a further _____ times.



Toe Taps and Heel Digs

Tap alternate toes forward_____ times.

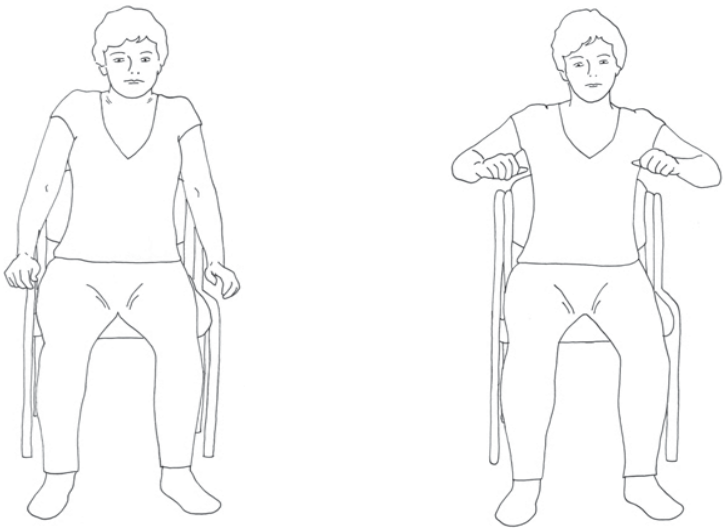
Push alternate heels forwards, pulling your toes up_____ times.





Shoulder Rolls

Roll shoulders slowly upwards, backwards and down as though taking off a coat.
Repeat 4 times backwards then 4 times forwards.



Back to leg marching and arm swings

for _____ times each leg/arm



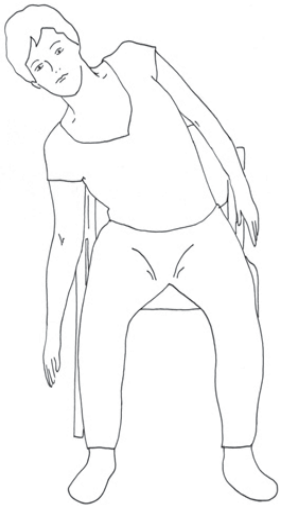
Head Turns

Slowly turn head to look over left shoulder, back to the centre then look over right shoulder and back to the centre. Repeat 4 times each side.



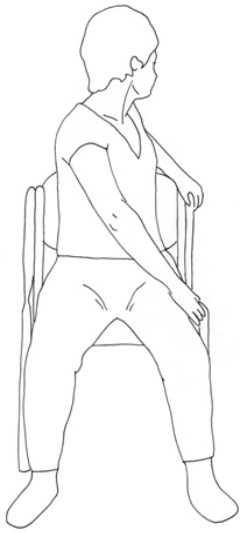
Side Bends

Sit in the centre of your chair, reach down with one arm as though picking something up. Try not to lean forwards or backwards. Return to centre. Repeat 4 times each side.



Waist Twists

Sit in the centre of your chair, keep hips still. Place left hand on the back of chair.
Place right hand on left knee. Slowly turn to look over left shoulder. Then back to the centre.
Repeat 4 times then change sides.



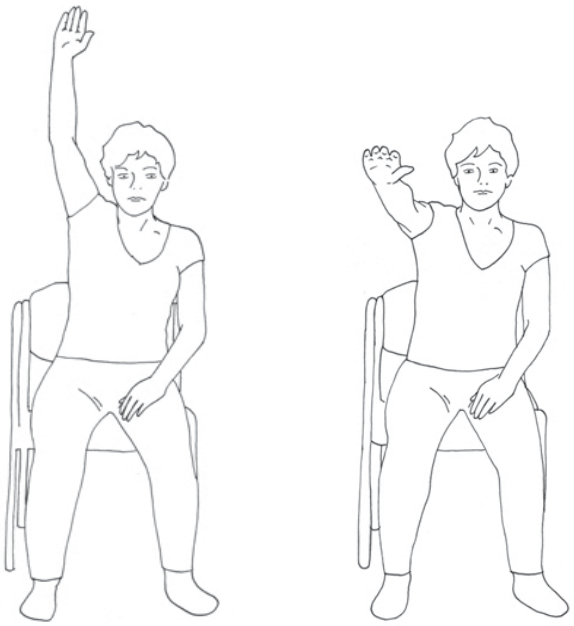
Back to leg marching and arm swings

for _____ times each leg/arm



Arm Cirlces

Sit on the front 3rd of your chair. Circle one arm forward, then the other.
Make circles as big as possible. Repeat 4 times in each direction.



Hamstring Stretch

Holding on to the sides of the chair. Take one foot forward keeping it flat on the floor, tummy pulled in. Carefully sit forward and lean over that leg, keep bottom on the chair. Hold for 8 – 10 seconds. Repeat on the other leg.



Upward Side Stretch

Holding on to the sides of the chair, life one arm up as if reaching into a cupboard, keep arm close to the side of the head and hold the stretch for 8 seconds. Repeat each side.



Calf Stretch

Sit to the front of the chair. Extend one foot forward with heel on the floor pull the toes back towards the body. Hold on to the chair for support. Hold 8 - 10 seconds. Repeat on other leg.



Main Exercise Programme

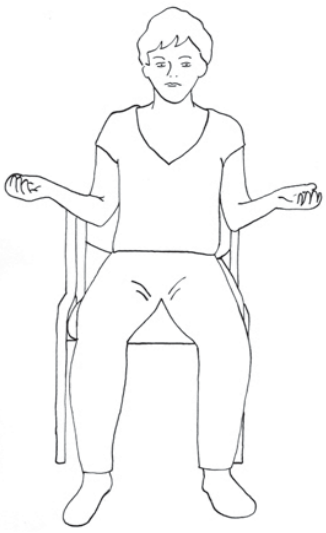
(1) Leg marching and arm swinging for_____times each leg/arm (big movements).



(2) Upper Back Strengthener

Elbows touching sides, palms facing upwards (as if holding the under side of a tray) pull arms out and squeeze shoulders together slowly return to centre.

Repeat_____ times.



(3) Knee Lifts

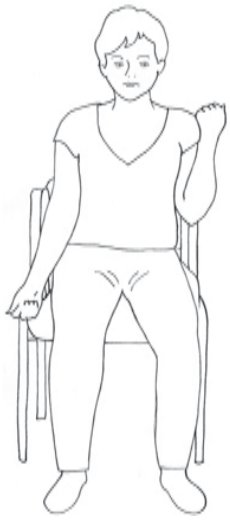
Holding onto the sides of your chair lift alternate feet off the floor for_____ times each leg.



(4) Bicep Curls

Keeping elbow in contact with side of body bend lower arm upwards towards the shoulder and back down using alternate arms

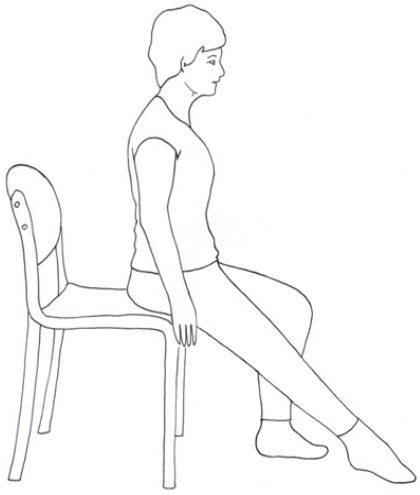
_____ times each arm.



Remember if you are feeling tired slow down, do smaller movements or rest until you feel you can continue

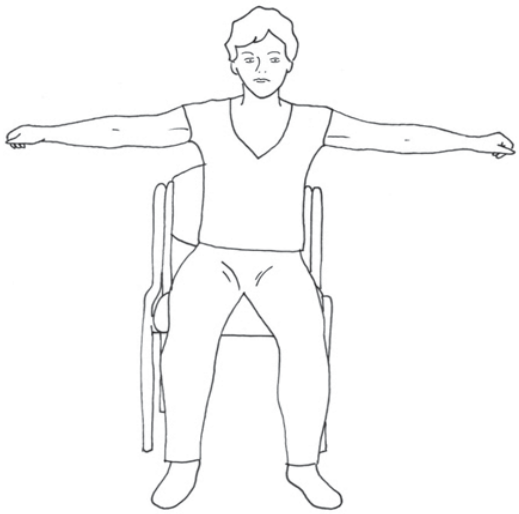
(5) Toe Taps

Tap alternate toes forward for_____ times each leg.



(6) Lateral Arm Raises

Lift arms out up to shoulder height hold for 3 seconds then lower. Repeat_____ times.

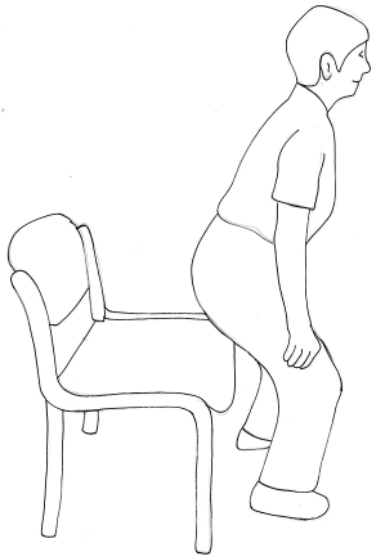


If you are not too tired you can repeat exercises 1 – 6 on the main exercise programme

Sit to Stand

Sit on the front edge of the chair, feet hip-width apart lean forward slightly.
Stand up slowly using your legs not arms. Look forward not down.
Stand upright before slowly sitting down, bottom first.

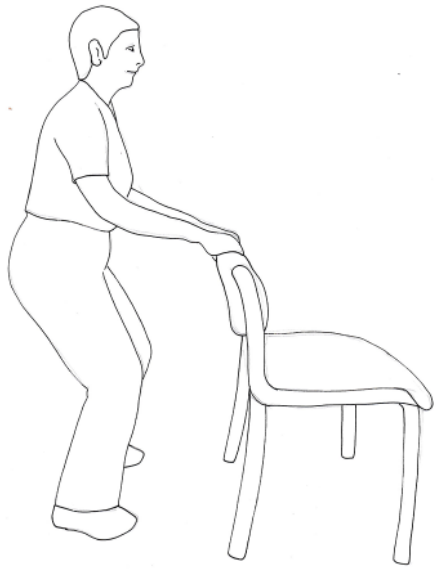
Repeat _____ times.



Mini Squats

Use the back of your chair for support and stand with feet hip-width apart.
Slowly bend your knees as far as is comfortable, keeping them facing forwards.
Try to get them over your big toe. Keep your back straight.
Gently return to standing, squeezing your buttocks as you do.

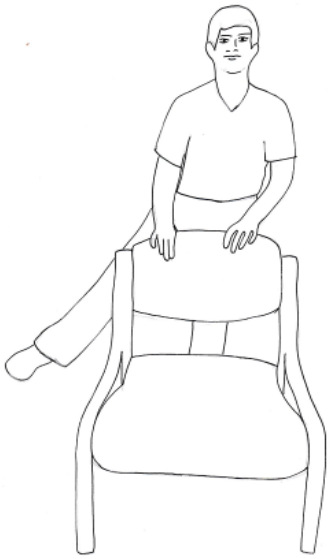
Repeat _____ times.



Sideways Leg Lift

Use the back of your chair for support.
Raise one leg to the side as far as is comfortable without tilting and keeping your back and hips straight.
Return to the starting position and repeat on the other leg.

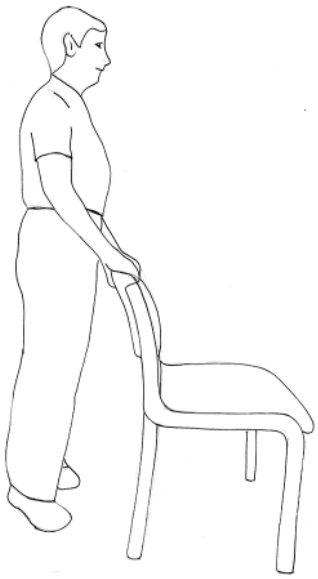
Repeat _____ times.



Calf Raises

Use the back of your chair for support.
Lift both heels off the floor as far as is comfortable in a slow and controlled manner.

Repeat _____ times.



Cool Down

Leg marching only (30 x each leg)	– small movements.
Arm swinging only (30 x each arm)	– small movements.
Shoulder rolls backwards and forwards	x 4 each way.

Both feet flat on the floor lift toes up slowly and lower to the Floor - 30 times

Stretches

Repeat from warm up
Hamstring stretch
Calf stretch
Hold for 15 – 20 seconds

Relaxation

Sit back in your chair and relax for five minutes before standing up.

This booklet is sponsored by CREW. www.crewheartsupport.co.uk

CREW
heart support group

If you have any comments about this leaflet or the service you have received you can contact :

Cardiac Rehabilitation Sister
Calderdale Royal Hospital
Telephone (01422) 224260
www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"

Trust Quality Information
CHFT