NHS
Calderdale and Huddersfield
NHS Foundation Trust

Cardiac Rehabilitation

Home Exercise Programme Advanced

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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

Standing Position

The chair must be sturdy and placed on a non-slip surface. Ensure your chair is the correct height so you are able to hold on comfortably. It is also important to stand correctly with good posture throughout the exercises. Stand tall, shoulders back and down, stomach slightly pulled in, feet hip width apart.

If you feel tired during any of the following exercises stop and rest by sitting down in your chair and relax your posture into the back of your chair. When ready to begin again stand tall holding onto the back of the chair for support, 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.

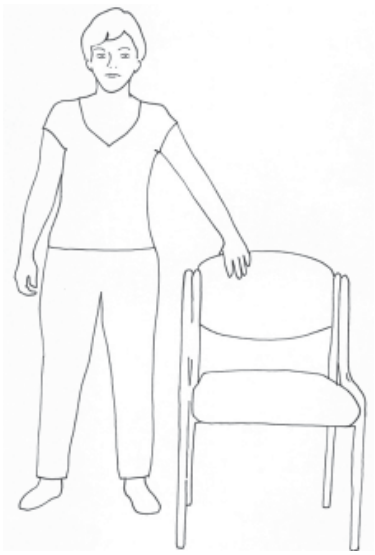
6. Wear supportive shoes and loose comfortable clothing to allow free movement.

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.

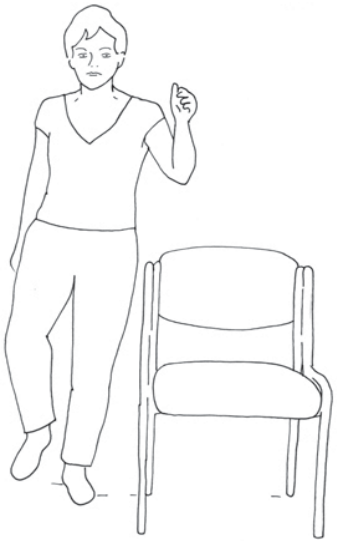
Warm up

Before you start check that you have good posture - holding onto your chair, stand tall, shoulders back and down, stomach slightly pulled in, feet hip width apart.



Lift alternate legs marching _____ times each leg.

Bring in arm swings marching a further _____ times.



Toe Taps and Heel Digs

Tap alternate toes forward _____ times.

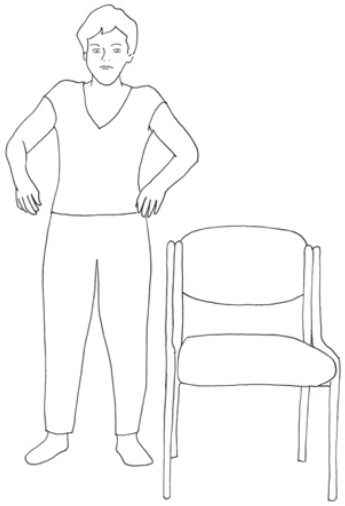
Push alternate heels forwards, pulling your toes up_____ times.



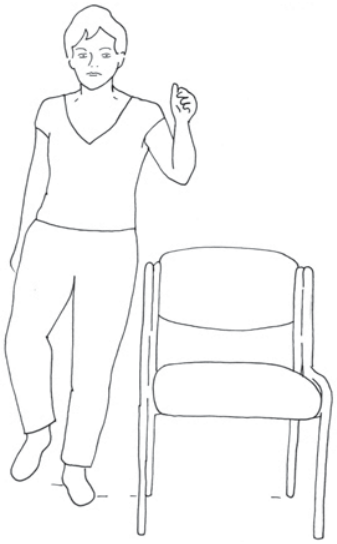


Shoulder Rolls

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

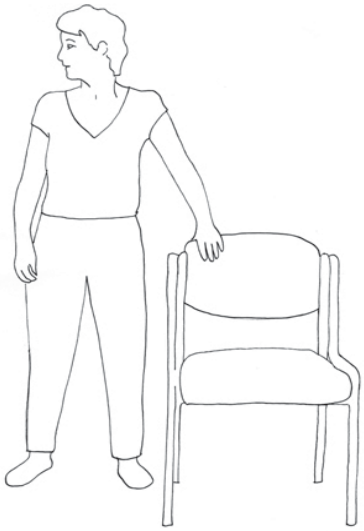


Back to leg marching and arm swings _____ times each leg/arm



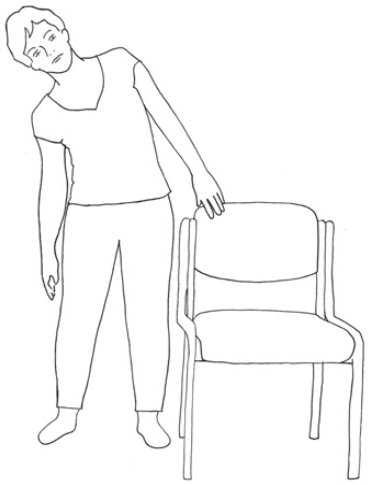
Head Turns

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.



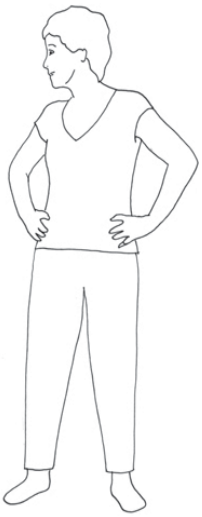
Side Bends

Standing feet hip width apart reach down one side as if picking something up. Keep your spine in the centre and try not to lean forwards or backwards. Your knees should be soft. Repeat 4 times each side.

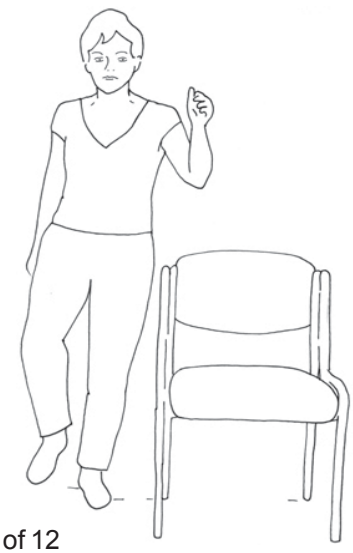


Waist Twists

Standing feet hip width apart, hands on hips, knees soft, knees and hips facing forwards. Slowly turn top half of your body one way, back to the centre then to the other side. Repeat 4 times each side.

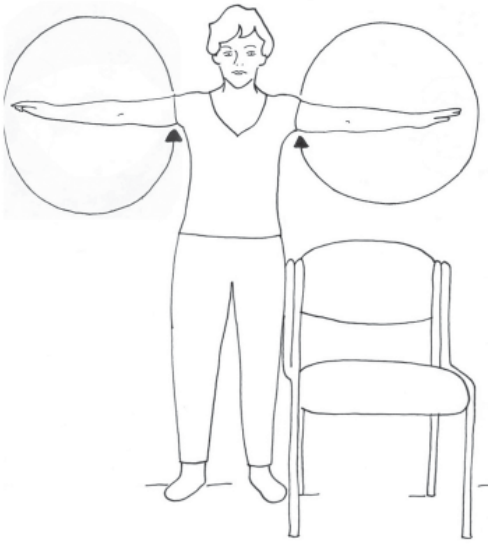


Back to leg marching and arm swings _____ times each leg/arm



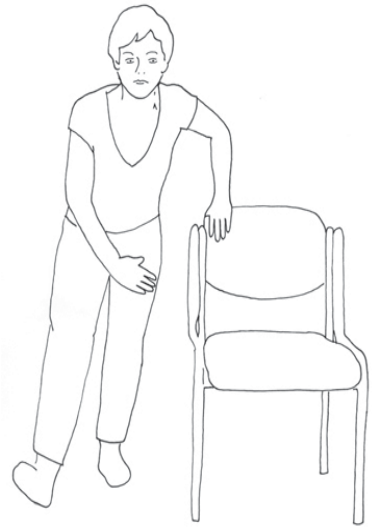
Arm Circles

Standing feet hip width apart, circle one arm forwards then the other. Make circles as big as possible. Repeat 4 times in each direction.



Hamstring Stretch

Standing holding onto your chair for support. Place one leg forward heel of foot on floor toes pointing to the ceiling keep knee soft on supporting leg gently lean forwards.
Hold for 8 - 10 seconds. Repeat: on the other leg.



Upward side stretch

Holding on to the back of the chair, lift 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

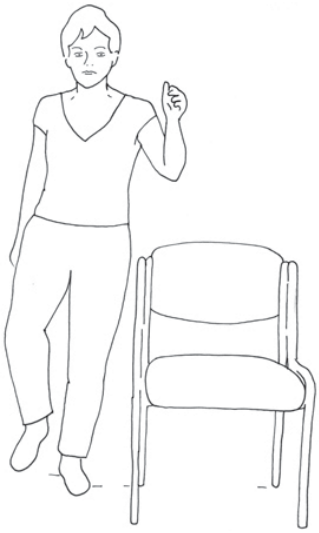
Holding onto the back of the chair, take one leg behind you and bend your front knee.
Point both feet forward and gently press the heel of the back foot down to the floor.
Hold 8 -10 seconds. Repeat on the other leg.



Main Exercise Programme

Standing feet hip width apart, shoulders back and down, stomach slightly pulled in.

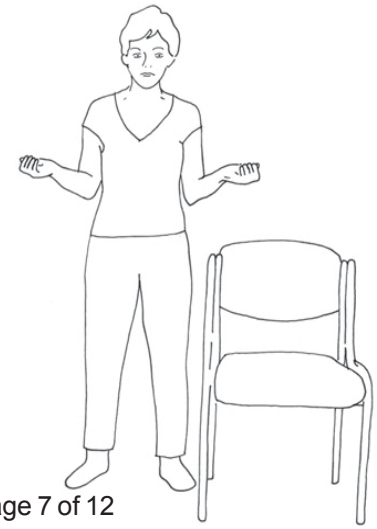
(1) Leg marching and arm swinging for_____ times each leg/arm (big movements).
Either march on the spot or walk around the room or outside for 1 minute



(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

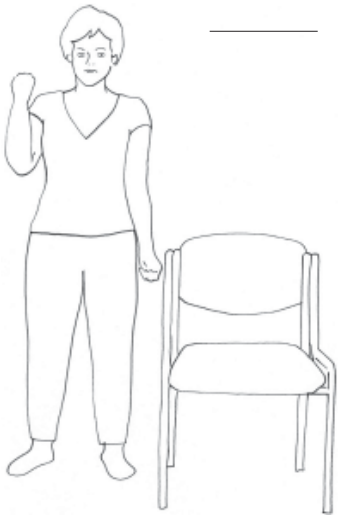
Hold onto your chair lift alternate feet off the floor for_____ times each leg.



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

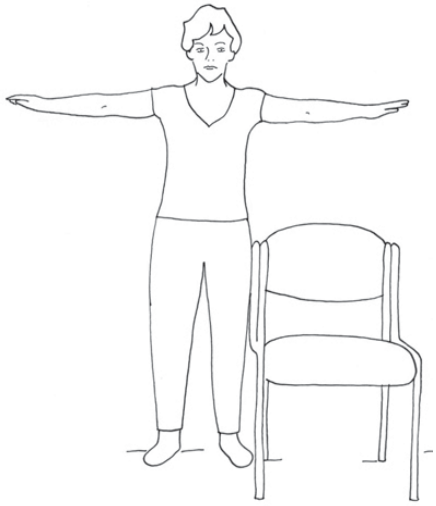
5) Toe Taps

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

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

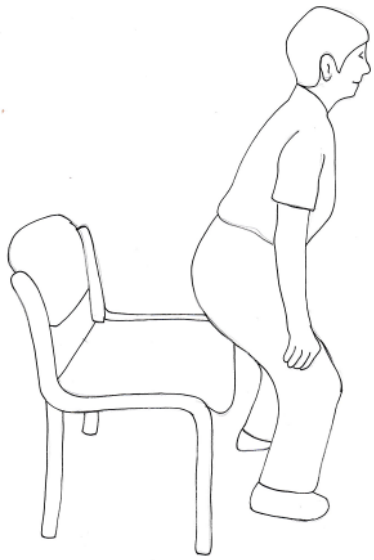
Sit back in your chair and relax for ten minutes before standing up.

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.

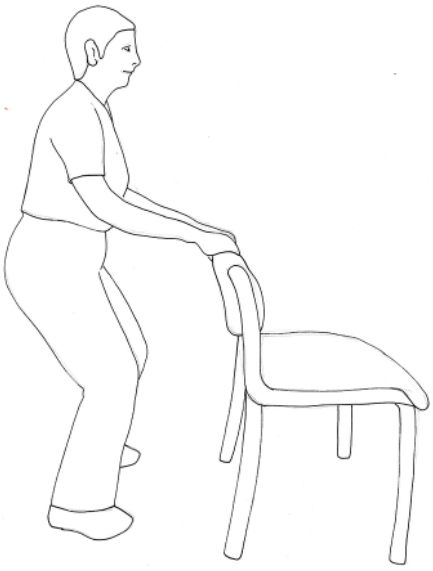
Repeat _____ times.



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.

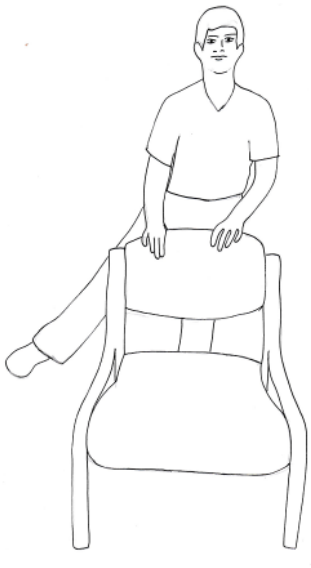
Repeat _____ times.



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.

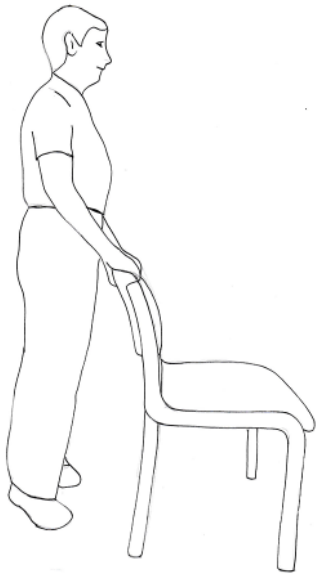
Repeat _____ times.



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.



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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"

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