

HOME EXERCISE INFORMATION



The aim of this booklet is to help you continue your exercises at home, to complement what you are already doing when you attend the Cardiac Rehab Centre.

This document is only to be used by current Cardiac Rehab Exercisers who have completed an assessment, induction and previous classes/sessions at the Rehab Centre.

If you experience any chest pain or tightness, excessive breathlessness, light-headedness or feel generally unwell do NOT continue to follow these exercises. Please follow the Chest Pain Protocol Pathway -see page 6 - or contact your GP/111 preferably online for advice.

This booklet contains information on: -

- ♥ Warming up and cooling down
- ♥ Cardiovascular and resistance exercises
- ♥ How hard you should be working
- ♥ Managing chest pains/ discomfort
- ♥ Stretches

Remember to:

- ♥ Wait for at least 30 minutes after food before you exercise
- ♥ Take all your medications as normal
- ♥ Drink plenty of fluids
- ♥ Wear comfortable, loose fitting clothes and non-slip footwear
- ♥ Ask the rehabilitation team to explain exercises you are not sure of
- ♥ Stop exercising if you feel unwell or have chest discomfort – see page 6

Home Exercise Guidelines

You should think of activity as a three-part process - **the warm up**, **the main exercise section** and the **cool down**. **The warm up and cool down are just as important as the main activity itself.**

The **warm up** prepares the body for more strenuous activity and the **cool down** at the end enables your body to return to pre-exercise levels in a controlled way. Suddenly starting or stopping activity can cause you to feel unwell or bring on angina or palpitations.

We ask you to keep your feet moving – paddling your feet - once you have started exercising to maintain this steady state.

When you do your active recovery exercises on page 5, if you haven't got a band, you may use small 500ml water bottles instead.

The warm up – up to 15 mins

- Always warm up with light exercise at the start ie. Work at 1-2 on the Exertion Scale – see page 4. Use large muscle groups, make small movements and remember to paddle your feet.
- Gradually increasing the workload of the heart allows it to adapt slowly to the increasing demands. This allows the coronary arteries to dilate and deliver a good supply of oxygen to the heart muscle.
- Include pulse raising activities, e.g. walking or marching on the spot followed by stretching of the main muscles to help reduce the risk of injury.

A SUGGESTED WARM UP

(You may be advised on a slightly different warm-up depending on your current level of exercise)

- Continue to paddle or march on spot in between the exercises at your own pace
- Do each of these exercises 8 times

1.

- Shoulder rolls forward
- Shoulder rolls back



2.

without arms

- Heel digs out in front
- Toe taps to front
- Toe taps to the side
- Toe taps behind
- Knee lifts alternate
- Upper back stretch - paddle feet
- Chest stretch - paddle feet



3.

add in arm movements

- Heel digs out in front
- Toe taps to front
- Toe taps to the side
- Toe taps behind
- Calf stretch
- Knee lifts alternate
- Heel digs with bicep curls
- Toe taps to the front with chest press
- Side taps with arms out to side
- Toe taps behind with arms out in front
- Hamstring stretch
- Knee lifts tapping hands on knees
- Front of thigh stretch

4.

start to pick up speed

- Heel digs with bicep curls
- Toe taps to the front with chest press
- Side taps with arms out to side
- Toe taps behind with arms out in front
- Knee lifts tapping hands on knees



For details of stretches see pages 7 & 8



March on the spot ready to go into the circuit...



The Main Exercise section – up to 30mins

- The main exercise section predominantly consists of aerobic exercise utilising large muscle groups in a rhythmical manner interspersed with active recovery/muscle strength and endurance exercises.
- This section should be performed at moderate to somewhat hard effort level ie 3-4 on the Exertion Scale – see below.
- Complete 1 or 2 circuits at your normal level of intensity and duration. You may intersperse the active recovery exercises as you go round, remembering to paddle your feet when you do so.

It is important that you don't work through any chest pain or discomfort – see page 6

Please ensure that if you have a GTN spray that you keep it with you at all times.

How hard should I be working?

It is important to make sure you are not pushing your body too hard, but also that you are working hard enough to achieve the benefits. During the programme we will show you various ways of checking how hard you are working so that you are able to exercise safely and effectively, both in a supervised setting and on your own.

The Exertion Scale

This is used to help you monitor the effort you feel while exercising. There is no right or wrong answer.

We would like you to be working at a level that corresponds to moderate - somewhat hard (3-4).

If you describe the effort as heavy (5) then you need to slow down. Equally if it feels light (2) then you can increase the pace. It is important to start any new exercise slowly and allow your body to adapt.

Verbal Expression	Effort Score
Nothing	0
Very Very Light	½
Very Light	1
Light	2
Moderate	3
Somewhat Hard	4
Heavy	5
Very Heavy	6
Very Very Heavy	7
	8
	9
	10

HOME EXERCISE CIRCUIT



STEP UPS
1 MINUTE



ACTIVE RECOVERY EXERCISES



Bicep Curls: Elbows glued to side, thumbs point up, hand moves to shoulder and straighten slowly.
10-12 Repetitions



HALF STARS
1 MINUTE



Chest Press: Place hands on wall, shoulder width apart. Bend elbows as you lean body towards wall. Push back to starting position.
10-12 Repetitions



BRISK WALK
1 MINUTE



Upright Row: Hands back to back, back straight, elbows lead, draw hands up to middle of chest creating a 'V' shape and down.
10-12 Repetitions



Squats: Feet hip width apart, feet point to corners of room, back straight, bend knees, push bottom out, head up, feet flat on floor.
10-12 Repetitions



KNEE LIFTS
1 MINUTE



STEP BACKS
1 MINUTE

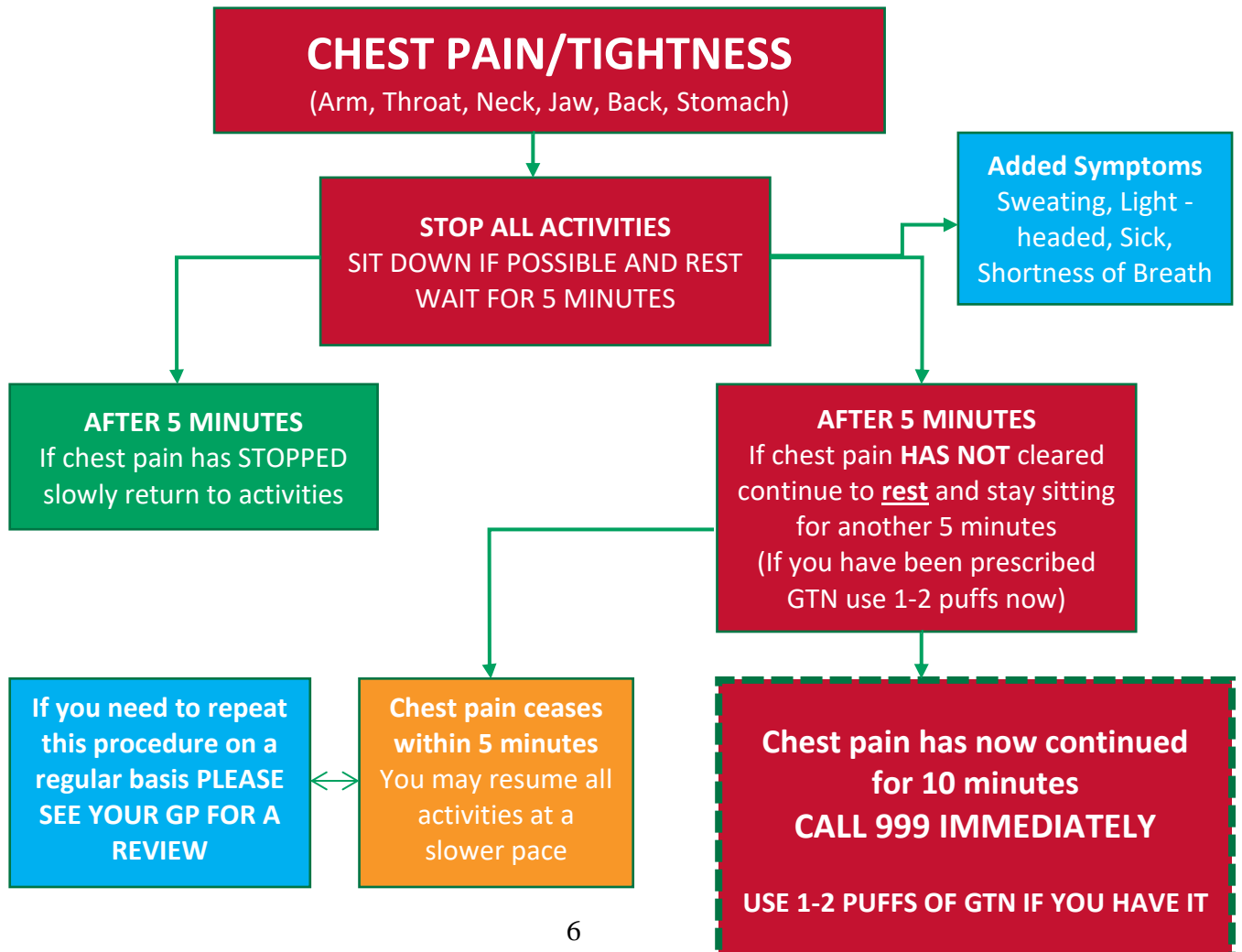


The Cool Down – up to 10 mins

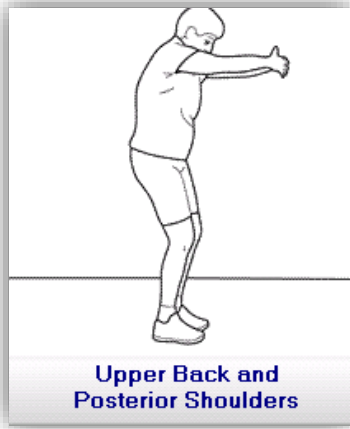
- It is important to leave enough time at the end of your exercise session to cool down properly. Gradually lowering your heart rate and slowing down your breathing. The goal is to bring the body back to a resting state; this can be achieved by slow walking or cycling, effort should be light, 2 on the Exertion Scale.
- A thorough cool down for 10 minutes reduces the risk of fainting, dizziness that could happen from a sudden drop in blood pressure if you suddenly stop exercising.
- Cooling down also reduces the risk of disturbances in your heart rhythm that could happen if you stop exercising suddenly.
- Complete your cool down by repeating the stretches on page 7 & 8.

If you experience any chest pain or tightness, excessive breathlessness, light-headedness or feel generally unwell do NOT continue. Please follow the Chest Pain Protocol Pathway below, or contact your GP/111 preferably online for advice.

Patient Chest Pain Protocol Pathway



Stretches



Upper Back & Shoulder Stretch

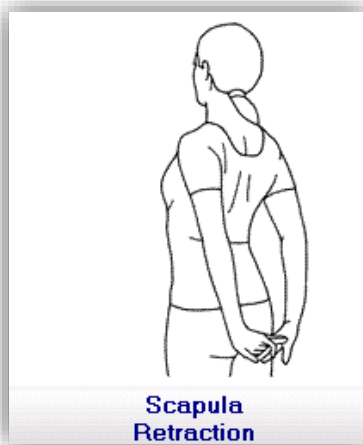
Stand with legs hip width apart.

Overlap hands NOT INTERLINKED, arms out in front create the position like your cuddling a big bear, drop head to look at feet

Hold stretch for 8 seconds

Hold to a point of discomfort, you should not feel pain

Breathe easily



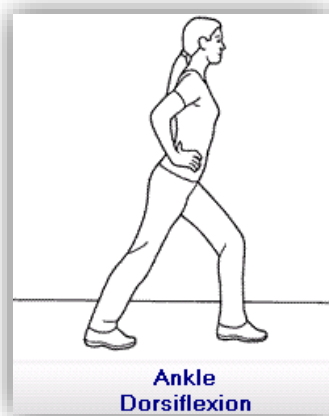
Chest Stretch

Stand. Hold your hands behind your back

Move your hands behind you or onto the small of the back, brace your shoulders back and squeeze shoulder blades together. Keep back nice and straight, making sure hands are resting on each other NOT INTERLINKED

Hold stretch for 8 seconds

Breathe easily



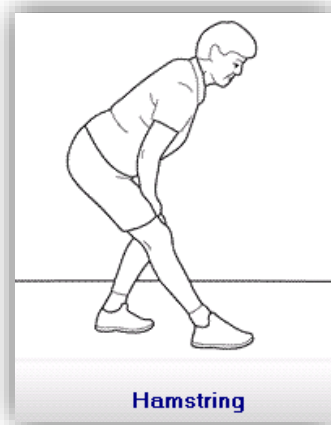
Calf Stretch

Stand with your feet hip width apart and take a step forward. Hold onto something for balance if you need to.

Lean into your front foot making sure your back foot and heel are flat to the floor. Keep back leg straight, toes point forward. Keep your upper body in line with your back leg

Hold stretch for 8 seconds

Repeat on opposite leg,
Breathe easily



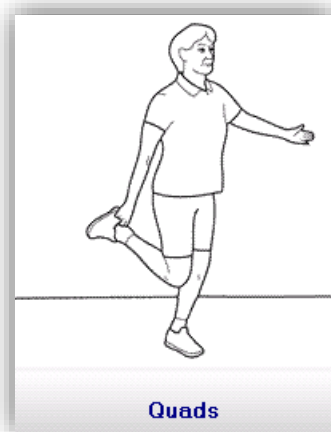
Hamstring Stretch (back of thigh)

Feet hip width apart, take small step forward keeping front leg straight push bottom back, put weight onto back foot with knee bent. Rest hands at top of thigh on front leg

Hold stretch for 8 seconds
Repeat stretch on opposite leg

Hold to a point of discomfort, you should not feel pain.

Breathe easily



Quadriceps Stretch (front of your thigh)

Holding on to a solid frame/ledge for support bring heel towards bottom and hold back of shoe or trouser leg with knees 'kissing'. Stand tall making sure weight bearing leg has soft knee. Shoulder, hip and knee maintain straight line

Hold stretch for 8 seconds
Repeat stretch on opposite leg

Hold to a point of discomfort, you should not feel pain.

Breathe easily