

Cardiac Rehabilitation Service

Standing Home Exercise Booklet



This booklet is designed to be used by people who are attending, or who have attended, Cardiac Rehabilitation.

Only use the booklet if you have been instructed to do so by a health professional.

YOU SHOULD WORK AT LEVEL:

HEART RATE RANGE:

The Key Physical Activity Points for a Healthier Heart

- Aim to build up to 150 minutes of cardiovascular exercise per week
- Aim to do 2-3 sessions of resistance exercise per week
- Be less sedentary. Sit less, move more!

Why Do Cardiovascular Exercise?

Cardiovascular exercise is a very important part of looking after your heart health, and helps prevent further problems with your heart.

It improves overall health including strengthening the heart muscle, reducing high blood pressure, helping to control cholesterol levels.....and much more!

It helps to improve muscle strength, flexibility, balance and bone health.

Also, exercise helps to reduce stress and anxiety, improves sleep patterns and general mental wellbeing.

There are some exercises that are not recommended, such as heavy weightlifting, squash and sprinting.

Please talk to one of the Cardiac Rehabilitation Team if you are unsure.

When Not To Exercise

- Immediately after a meal (allow 1 hour)
- If you have CHEST PAIN or SEVERE SHORTNESS OF BREATH
- If you are dizzy or unwell

If you are worried, consult your GP or phone 111 (NHS Helpline) for advice. In an emergency call 999

How Often Should I Exercise?

- Aim to do some activity every day e.g., walking, gardening, housework, etc.

- Aim to build up to at least 150 minutes of moderate intensity exercise each week, this could be 20 minutes every day or 30 minutes 5 times a week or lots of 10-minute slots.

In addition, do some resistance-based exercise 2-3 days a week to improve muscle strength (see resistance exercises later).

How Hard Should I Exercise?

You should aim to exercise at a moderate intensity for you. This should raise your heart rate, make you feel warmer and breathe a little harder but so that you can still talk. (See the modified Borg Scale at the end).

Start slowly and build up your activity levels.

Set yourself an achievable goal (this can be revised from time to time).

MY GOAL IS: _____



Before participating in exercise at home it is important to ensure your safety is a priority, below are some key safety points.

- Ensure you have enough room to perform the activity safely, with good lighting. The space around you needs to be clutter free and well ventilated.
- Wear clothing that is free moving, non-restricting and appropriate for exercise. Footwear should ideally be flat shoes or trainers with support and comfort.
- Have a phone nearby (wear your pendant alarm if you have one), and where possible exercise when someone else is at home in case you need assistance.
- Have your GTN Spray/Inhalers/Diabetic Snack Kit (if applicable) nearby.

- Have a bottle/glass of water nearby to have regular sips from during your exercise session.
- Make sure you rest. Listen to your body and rest when you need to.
- Make sure any equipment you are using is safe.

Warming Up and Cooling Down

Each time you do any moderate exercise it is important to warm up first and cool down afterwards.

Warming up means beginning your exercise slowly and building up gradually. This is important because the heart is a muscle and the warm up helps the heart rate to rise slowly and stretches the other muscles, so they are ready for exercise.

To warm up march slowly on the spot gradually increasing speed and arm swing. Do this for 5-10 minutes before starting the exercises.

When you come to the end of your exercise or activity take some time to slow down, don't stop suddenly.

Cooling down is important for ending activity safely and allowing your heart, circulation and muscles to recover from the effect of exercise.

At the end of your session, march on the spot again, gradually slowing down over 5-10 minutes until you feel recovered and your heart rate is reduced.

If you are going to do the exercises in this booklet, follow the order shown and spend 1-2 minutes on each exercise. You can repeat them until you have exercised for the right amount of time.

Aim to work for about 30 minutes plus warm up and cool down time.

MARCHING



Level 1 = Marching, hand to thigh, same side

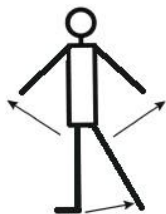


Level 2 = Marching, hand to knee, same side



Level 3 = High marching, elbow/hand to knee, same side

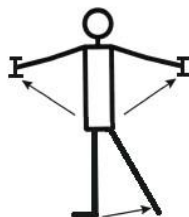
ASTRIDE STEPS



Level 1 = Side tap alternate legs, low arms out to side

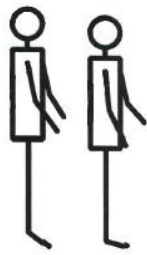


Level 2 = Side tap alternate legs, both arms out to side



Level 3 = Side tap alternate legs, both arms out to side +/- light weights

CALF RAISES



Level **1** = Up on toes and down
Repeat

Level **2** = Up on toes and down
Repeat



Level **3** = Walk/jog on toes x10
Walk on heels x10
Repeat

PUNCHING BOTH HANDS TOGETHER



Level **1** = Walking on the spot
punching down and
sideways



Level **2** = Marching on the spot
punching forwards, down
and sideways



Level **3** = Marching on the spot
punching forwards, down,
sideways and up

LUNGES



Level 1 = Tap back, alternate feet.



Level 2 = Tap back, alternate feet with both arms forward

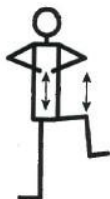


Level 3 = Tap back, alternate feet, both arms forward +/- light weights

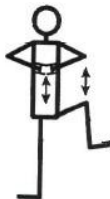
UPRIGHT ROW



Level 1 = Upright row, keep feet moving



Level 2 = Upright row with knee raises



Level 3 = Upright row +/- light weights and high knee raises

SIT TO STAND



Level 1 = Push up from chair



Level 2 = Stand up with arms reaching forwards



Level 3 = Squats with arms in front as you squat down

BICEP CURLS



Level 1 = Bend and straighten elbows. Keep feet moving



Level 2 = Bend and straighten elbows, with heel digs on alternate legs



Level 3 = Bend and straighten elbows +/- light weights and heel digs

HIP EXTENSION



Level 1 = Hold on to stable surface, tap alternate legs behind you



Level 2 = Lift alternate legs straight behind you



Level 3 = Hamstring curls, both arms back

STEP-UPS



Level 1 = Alternate toe taps on the step



Level 2 = Step-ups with foot flat on the step



Level 3 = Step-ups with arms raised as you step up

HIP ABDUCTION



Level **1** = Hold on to stable surface, lift legs alternately out to the side



Level **2** = Lift legs alternately out to the side



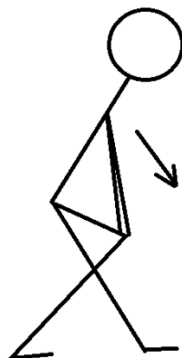
Level **3** = Box step with high arms together

Stretches

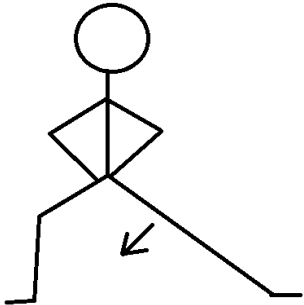
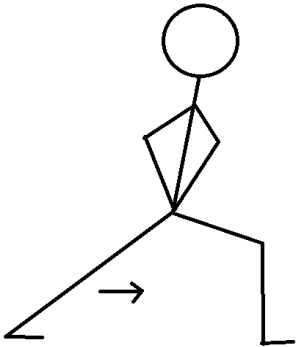

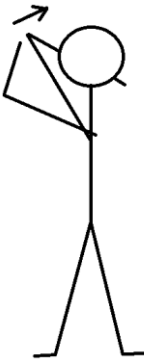
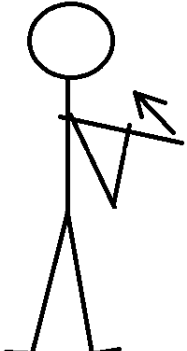
Stretching is very good for increasing your joint suppleness / flexibility and reducing joint stiffness if done regularly over a long period of time. It is also beneficial after exercise, to aid recovery.

Below are some recommended stretches we do in cardiac rehab. For stretches to be effective hold them for 15-30 seconds. You can repeat stretches for more effect- eg 2-3 sets of one stretch held for 15-30 seconds at a time.

Hamstring Stretch



Put one straight leg forward. Bend your back knee and place your hands on that thigh. Gently lean forward over your straight front leg until you feel a light stretch in the back of that thigh. Hold this stretch for 15-30 seconds. Repeat on other leg.

<p>Inner Thigh Stretch</p> 	<p>With both feet wide, slowly bend one knee and gently lean toward that side. Keep your other leg straight. Lean until you feel a stretch in your inner thigh. Hold this stretch for 15-30 seconds. Repeat on other leg.</p>
<p>Calf muscle stretch</p> 	<p>Take a good stride forward making sure your feet are hip width apart facing forward. Gently bend your front knee whilst keeping your back heel down, until you feel a stretch in your calf muscle on your rear leg. Hold this stretch for 15-30 seconds. Repeat on other leg.</p>
<p>Side lean stretch</p> 	<p>With your feet under your hips and arms down by your side, gently lean to one side until you feel a light stretch going down the opposite side of your body. Hold this stretch for 15-30 seconds. Repeat on other side.</p>
<p>Upper arm stretch</p> 	<p>Lift one arm up and bend your elbow-aiming that hand toward your back. With your other hand gently push your upper arm back until you feel a stretch in your raised arm. Hold this stretch for 15-30 seconds. Repeat on other arm.</p>
<p>Shoulder stretch</p> 	<p>Bring one arm straight across your chest. With your other hand pull the arm across your chest closer toward you, until you feel a stretch in your upper arm / shoulder. Hold this stretch for 15-30 seconds. Repeat on other arm.</p>

Resistance Exercise is also Recommended

Surgical (e.g., bypass, valve replacement) patients not to complete resisted exercises until 12 weeks post operation.

Resistance exercises strengthen your muscles which keeps you active and mobile for longer and also allows the heart to work more efficiently.

You should aim to do a session of resistance exercises 2 or 3 times per week with a 48-hour gap between sessions.

Each time you exercise aim to do 2 sets of 10-15 repetitions of 4-5 of the exercises below with a one-minute rest in between. This should take 10-15 minutes. By your last repetition of each exercise the muscle group should feel like you could not do much more.

Remember to keep breathing. Do not hold your breath!

Resistance exercises can be done using body weight, weights, or a resistance band.

Over the next few pages are some recommended resistance exercises.



Use of Elastic Resistance Bands

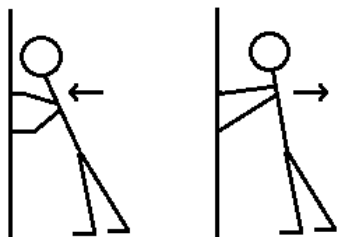
Warnings:

- Do not use standard elastic resistance bands if you or anyone in your household have a **latex allergy** (latex free bands are available)
- Use the elastic resistance band only as directed by your healthcare professional.
- Inspect the band before **each use**, check for small nicks or tears in the resistance band that may cause it to break.
- Do not overstretch the resistance band – please follow your exercise instructions carefully.
- Do not use the resistance band while wearing rings or other jewellery that might create a nick or cut in the material.
- If the exercise involves wrapping the resistance band around your foot, make sure your footwear is appropriate. Check for small stones on the bottom of the shoe that might create a cut or nick in the band.
- If the exercise requires wrapping the resistance band around a piece of furniture, make sure there are no rough areas or splinters that could cause the band to break.
- Do not use the resistance band in any way that might cause it to snap towards the face or cause injury to the eyes.
- Perform all the exercise in a slow controlled manner.
- Do not allow other adults or children to use the resistance band.

General Information

- Do not store in direct sunlight as this can degrade the band.
- Do not store near heaters, radiators or other sources of heat.
- Clean the band with cold, clear water only; do not use hot water or detergents. If your band becomes tacky, apply a dusting of talcum powder.

Resistance Exercises Using Body Weight



Wall Press

If too difficult move your feet closer to the wall.
If too easy try this exercise on a kitchen work surface.

Repeat slowly 10-15 times.



Sit to Stand

Stand up slowly from a seated position
– no jerking.

Use your arms if you need to.

Repeat slowly 10-15 times.

Resistance Exercises Using Weights



Bicep Curls, Punching Forwards or Sideways, Raising Arms Sideways, etc

Resistance Exercises Using Resistance Bands



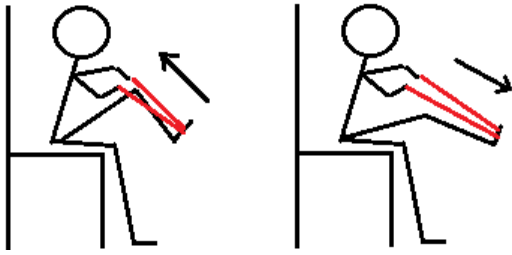
Bicep Curl

Sit or stand, place both your feet on the middle of the resistance band and hold each end of it with your hands. Bend your elbows, lifting your hands towards your shoulders, then slowly return to your starting position. Repeat ten to fifteen times.



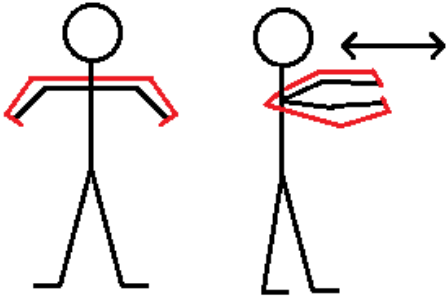
Squats

Place both feet on the middle of the resistance band and hold each end of it with your hands. Slowly bend your knees into a squatting position, then return to your starting position and repeat ten to fifteen times.



Leg Press

Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it with your hands. Bend your knee towards you, then straighten it back out in front of you before returning to your starting position and repeating with each leg ten to fifteen times.



Chest Press

Sit or stand and put the resistance band behind your back and hold each end of it. Slowly press both arms out in front of your chest, then slowly return to your starting position and repeat ten to fifteen times.

Aim to do these resistance exercises 2-3 times a week, as well as your usual activities and the cardiovascular exercise.

Use the Borg Scale (on the next page) to assess how hard you are working.

You can use the Diary page to monitor how often you are achieving your aims.

Borg Scale

Rating of Perceived Exertion	
	6 No exertion at all
	7 Extremely light
	8
Warm Up & Cool Down	9 Very light
RPE 10-11 {	10
	11 Light
Moderate {	12
Effort 12-13	13 Somewhat hard
	14
	15 Hard (heavy)
	16
	17 Very hard
	18
	19 Extremely hard
	20 Maximal exertion

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The Borg Rating of Perceived Exertion (RPE) is a way of measuring physical activity intensity level. Perceived exertion is how hard you feel your body is working. It is based on the physical sensations a person experiences during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue.

Look at the rating scale above while you are engaging in an activity: it ranges from 6 to 20, where 6 means "no exertion at all" and 20 means "maximal exertion." Choose the number from above that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow down your movements to reach your desired range i.e., 12-13.

Contact Information

The Team can be contacted on:

01493 809977

please leave a message and we will get back to you, however it is not an emergency line.