

Contact Information

Telephone Numbers:

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Please call us if you have any worries or questions about the activities in this booklet or your symptoms.

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REACT Respiratory Team

Home based physical activity programme

This leaflet should only be used by specific individuals following physiotherapy assessment. If you have any concerns please approach your physiotherapist.

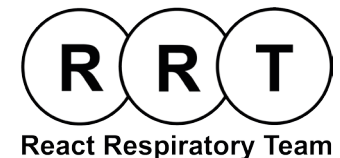
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West Lothian
Health & Social Care Partnership
www.westlothianhscnp.org.uk



Getting started

Inside this booklet are some simple activities which can be carried out easily in your home.

These activities can help to increase your general level of activity and in doing so can help improve your muscle strength and breathing control.

The activities include:

- A warm up to help prepare your body to move more easily
- Activities to help you build up your general stamina
- Activities to build up muscle strength in your arms and legs
- Simple stretches to keep you supple.

To get the most benefit from these activities, try to do them every day.

It is normal for you to feel a bit more breathless as you do these. You can monitor how you feel using the breathlessness scale on page 4.

You should aim to reach and stay at level 3 on the scale - moderate breathlessness but still be able to talk.

At the back of this booklet are some tables to help you to track your progress with the activities. These are for your own personal use.

Week 6

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Warm Up | | | | | | | |
| Walking | | | | | | | |
| Sit to Stand | | | | | | | |
| Knee Extension | | | | | | | |
| Hip Bends | | | | | | | |
| Elbow Bends | | | | | | | |
| Arm Raises | | | | | | | |
| Cool Down | | | | | | | |
| Shortness of Breath/10 | /10 | /10 | /10 | /10 | /10 | /10 | /10 |

Week 5

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Warm Up | | | | | | | |
| Walking | | | | | | | |
| Sit to Stand | | | | | | | |
| Knee Extension | | | | | | | |
| Hip Bends | | | | | | | |
| Elbow Bends | | | | | | | |
| Arm Raises | | | | | | | |
| Cool Down | | | | | | | |
| Shortness of Breath/10 | /10 | /10 | /10 | /10 | /10 | /10 | /10 |

Staying safe

If you are feeling more unwell than usual, you should not start to do these activities. If you have any of the following symptoms then seek medical assistance immediately:

- If you get chest pain or tightness
- If you feel dizzy or nauseous
- If you feel more breathless or are coughing more than usual
- If you feel clammy or cold
- If you have a temperature (fever)
- If you feel increasingly wheezy
- If your joint or muscles are painful
- If you feel more unsteady on your feet than usual.

Call your care provider such as your GP or dial 111 if you feel unwell.

In a medical emergency - call 999.

Making progress

To achieve some progress throughout the programme, you will need to gradually build up your strength by increasing how many repetitions you can do.

- Begin with 3-5 repetitions of each activity
- Add 1-2 more repetitions of each activity every week, if able to do so
- Once you can easily achieve this, you can add some extra weights if you feel able (your therapist will provide guidance on how to progress with this).

Week 4

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Warm Up | | | | | | | |
| Walking | | | | | | | |
| Sit to Stand | | | | | | | |
| Knee Extension | | | | | | | |
| Hip Bends | | | | | | | |
| Elbow Bends | | | | | | | |
| Arm Raises | | | | | | | |
| Cool Down | | | | | | | |
| Shortness of Breath/10 | /10 | /10 | /10 | /10 | /10 | /10 | /10 |

Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Warm Up | | | | | | | |
| Walking | | | | | | | |
| Sit to Stand | | | | | | | |
| Knee Extension | | | | | | | |
| Hip Bends | | | | | | | |
| Elbow Bends | | | | | | | |
| Arm Raises | | | | | | | |
| Cool Down | | | | | | | |
| Shortness of Breath/10 | /10 | /10 | /10 | /10 | /10 | /10 | /10 |

Breathlessness Scale

It is normal to feel a little more breathless while you are doing these activities.

You can monitor how you feel by using the scale below.

You should aim to reach and stay at level **3 - moderate breathlessness but still able to talk**.

| | |
|----------|---|
| 0 | No breathlessness |
| 1 | Very slight breathlessness - just noticeable |
| 2 | Slight breathlessness - more noticeable but you are okay to keep going |
| 3 | Moderate breathlessness - you are breathless but can still hold a conversation |
| 4 | Breathlessness now affecting your ability to hold a conversation |
| 5 | Strong or hard breathing - you are unable to say 5-6 word sentences |
| 6 | Severe breathlessness - you are only able to say 2-3 words at a time |
| 7 | Very severe breathlessness - you can only say 1 word at a time |
| 8 | You cannot talk |
| 9 | Almost the worst breathlessness you have ever had |
| 10 | The worst breathlessness you have ever had |

Edinburgh Community Pulmonary rehabilitation Service (2013) Breathlessness Scale is used with permission from the Lothian Pulmonary Rehabilitation Team.

Adding weights

To help build up your muscle strength even more you can use everyday items as weights if you feel you are able.

Below are some examples of items you might find in your kitchen which could be used.



You could also buy a small set of weights to use if you wish.

Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Warm Up | | | | | | | |
| Walking | | | | | | | |
| Sit to Stand | | | | | | | |
| Knee Extension | | | | | | | |
| Hip Bends | | | | | | | |
| Elbow Bends | | | | | | | |
| Arm Raises | | | | | | | |
| Cool Down | | | | | | | |
| Shortness of Breath/10 | /10 | /10 | /10 | /10 | /10 | /10 | /10 |

Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Warm Up | | | | | | | |
| Walking | | | | | | | |
| Sit to Stand | | | | | | | |
| Knee Extension | | | | | | | |
| Hip Bends | | | | | | | |
| Elbow Bends | | | | | | | |
| Arm Raises | | | | | | | |
| Cool Down | | | | | | | |
| Shortness of Breath/10 | /10 | /10 | /10 | /10 | /10 | /10 | /10 |

Tips for exercising

When doing these exercises, please remember:

- Wear comfortable and sensible clothes and shoes
- Always warm up before exercising and cool down afterwards
- Make sure you feel well rested before starting
- Drink enough fluid to keep you hydrated
- If you feel more breathless when doing these activities, then use the breathing control techniques as explained by your physiotherapist.
- Do not hold your breath while doing these activities.

Warm Up

Always begin with a gentle warm up before starting the other activities. This will increase the body's circulation and warm your muscles, preparing you for activity.

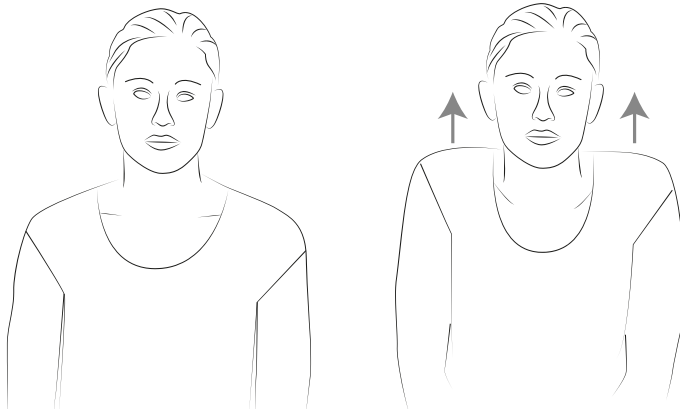
You may want to take your reliever inhaler before beginning these activities.

Keep the movements gentle and small, then make them bigger as you feel able. Remember to keep breathing whilst doing these.

A) Shoulder shrugs

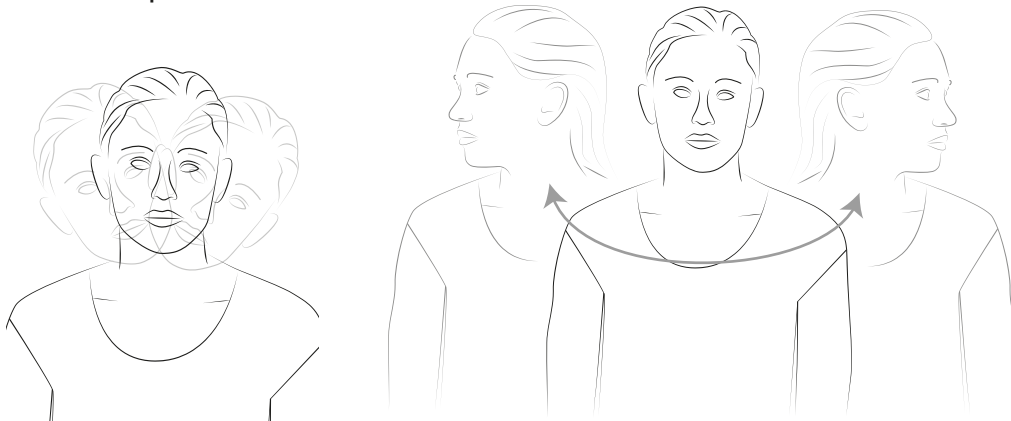
Gently move your shoulders up and down.

Repeat 10 times.



B) Neck stretches & turns

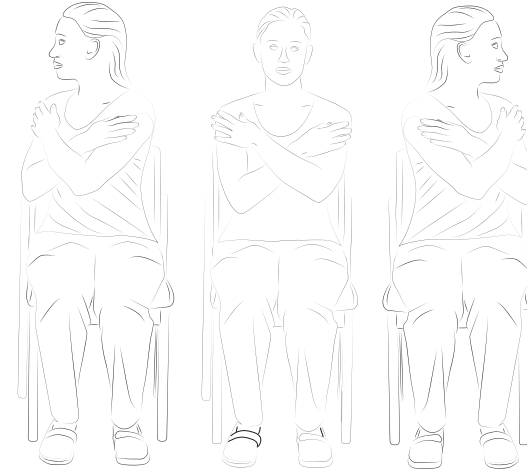
Slowly lean your head to each side; then turn side-to-side. Repeat 3 times on each side.



Cool Down

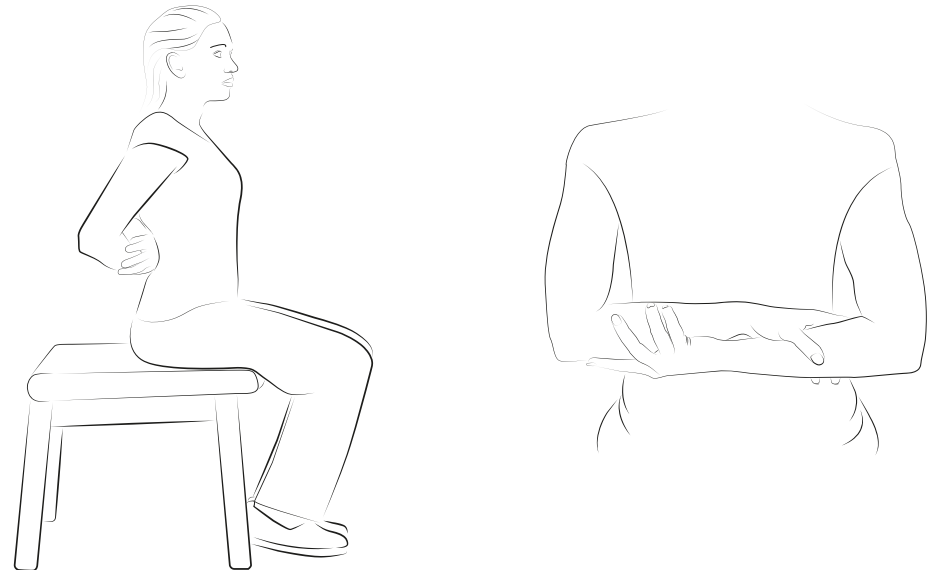
B) Trunk Twists

Sitting up in your chair, cross your arms over and turn your body from side to side, looking over each shoulder in turn.



C) Chest Stretch

Reach your two hands behind your back and gently squeeze your shoulder blades together and downward.



Cool Down

Well done on completing all the activities.

Now help your muscles to cool down with a few simple stretches. Stretches should not cause you pain.

A) Leg stretches

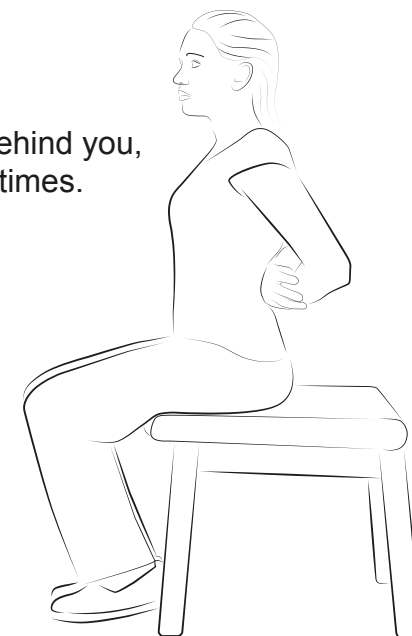
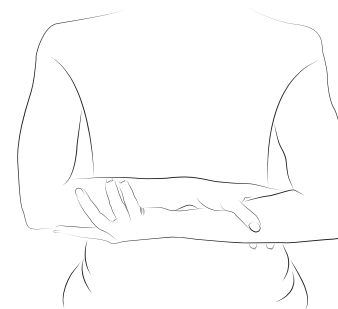
Sit forward to the edge of your chair, place one leg straight out in front with your heel resting on the floor. Keep your other knee bent. You should feel a stretch in the back of the straight leg. Hold this for a few seconds and then relax. Repeat for your other leg.



Warm Up

C) Shoulder stretch

Sit up straight and stretch your elbows behind you, hold for a moment, then relax. Repeat 3 times.



D) Wrist extensions

Gently bend and extend your wrists.

Repeat 10 times.



E) Ankle flexion & extension

Keeping your footwear on, bend and point your feet at the ankles.

Repeat 10 times.



Stamina Activities: Walking

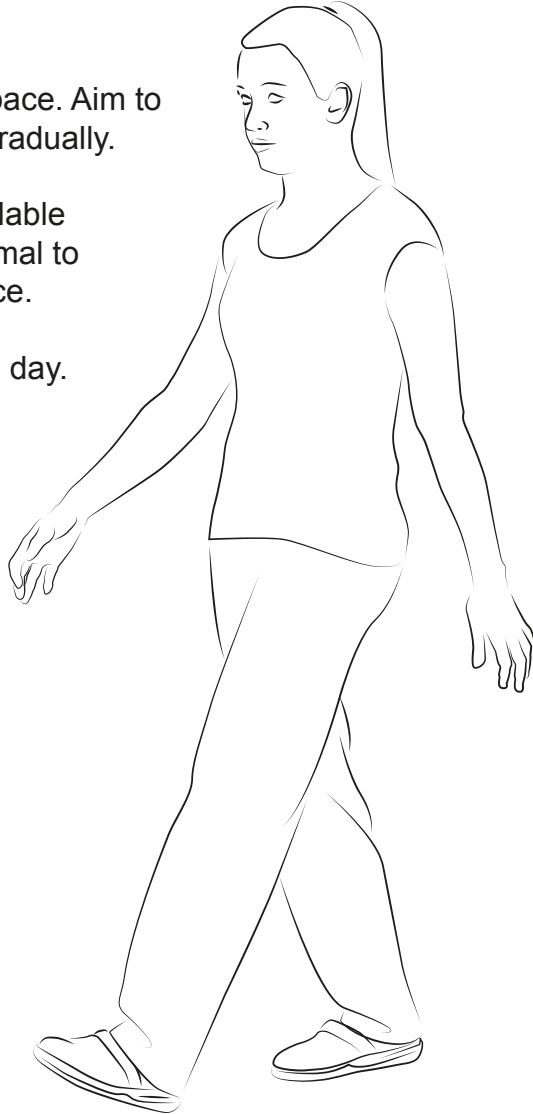
Try to walk everyday. If you have limited space in your house, you can march on the spot.

Begin by walking for 2-3 minutes each time. Try to add 2 more minutes each week and aim to build up to 10 minutes of walking.

Try to walk at a comfortable pace. Aim to increase your walking pace gradually.

Try and walk the longest available distance more often than normal to build up your walking tolerance.

Aim to repeat this 2-3 times a day.



Strength Activities: Arm Raises

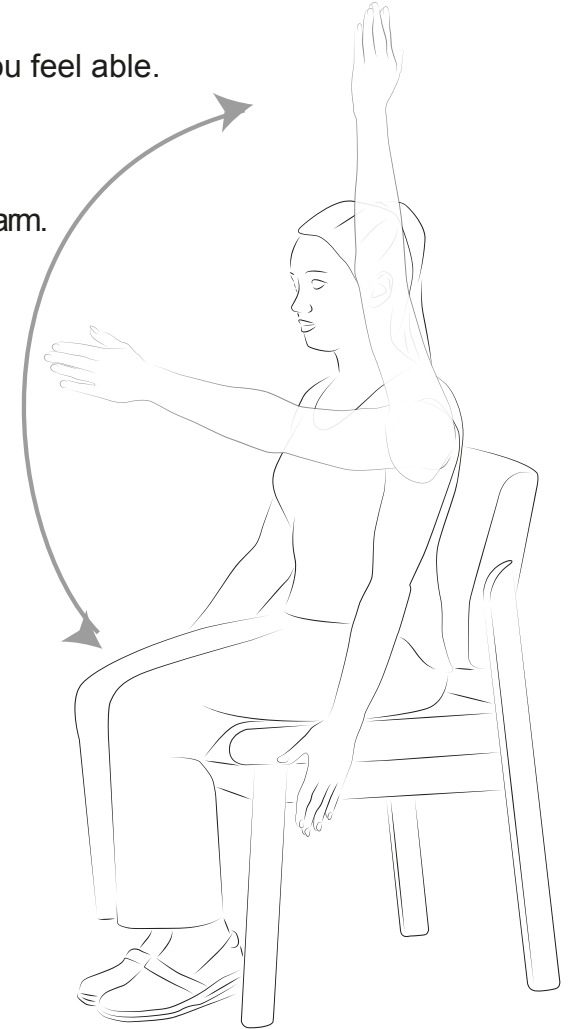
Sit on a chair with your back well supported.

Turn your thumb towards the ceiling.

Lift one arm up above your head at a time (not both arms together).

You may add a weight if you feel able.

Do _____ repetitions,
_____ times a day for each arm.



Strength Activities: Elbow Bends

Sit on a chair with your back well supported.

Rest your hands at your sides.

Turn your palm towards the ceiling then bring your hand towards your shoulder, bending your elbow.

You may include a weight if you feel able.

Do _____ repetitions, _____ times a day for each arm.



Stamina Activities: Sit to Stand

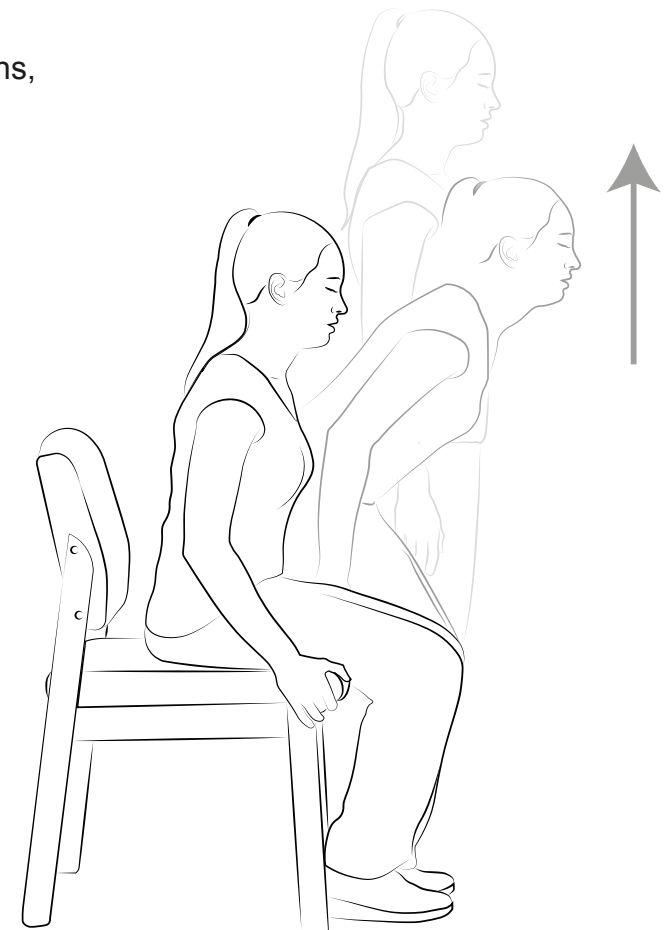
Sit on a chair which is not too low to rise up from.

Tuck your feet in behind your knees.

Lean your head forward over your knees.

Push off with both hands, one hand or no hands depending on your ability.

Do _____ repetitions,
_____ times a day.



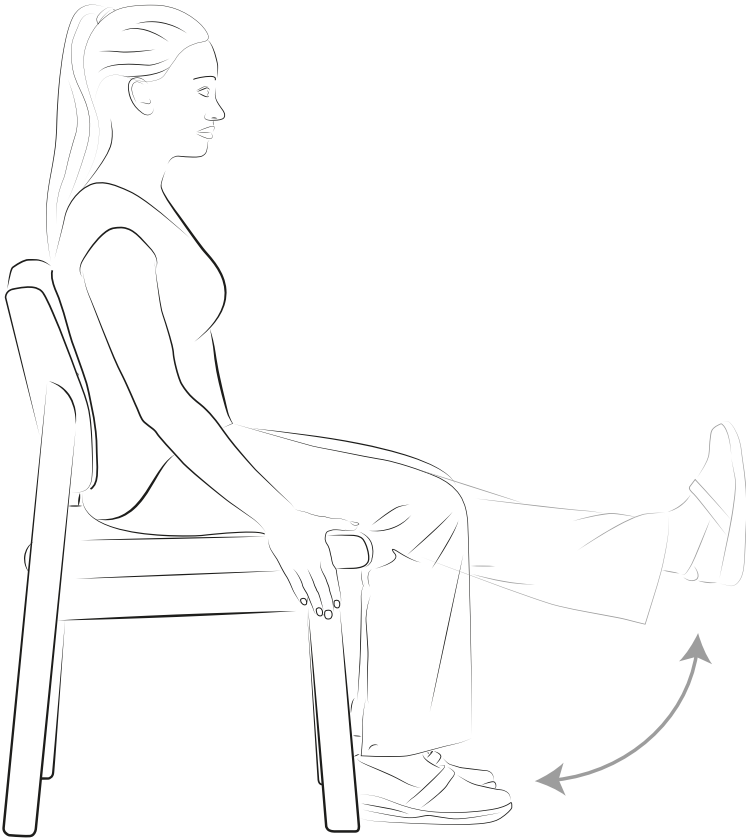
Strength Activities: Knee Extension

Sit on a chair with your back well supported.

Straighten one leg out, squeeze your thigh muscle a little.

Repeat with your other leg.

Do ____ repetitions, ____ times a day on each leg.



Strength Activities: Hip Bends

Sit on a chair with your back well supported.

Keep your knees bent.

Begin to march your feet on the spot by lifting your knees.

Do ____ repetitions, ____ times a day on each leg.

