

Contact Information

Telephone Numbers:

Physiotherapist - Jill Adams: 07973659700

Physiotherapy Assistant - Nicola McGaw: 07971122675

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

Appointments:

Date: Home Visit/ Telephone Call

Date: Home Visit/ Telephone Call

Date: Home Visit/ Telephone Call

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Date: Home Visit/ Telephone Call

Address:

West Lothian Integrated Respiratory Team, REACT Hub.

Ground Floor, St John's Hospital, West Lothian, EH54 6PP.

This leaflet was compiled by WLIRT

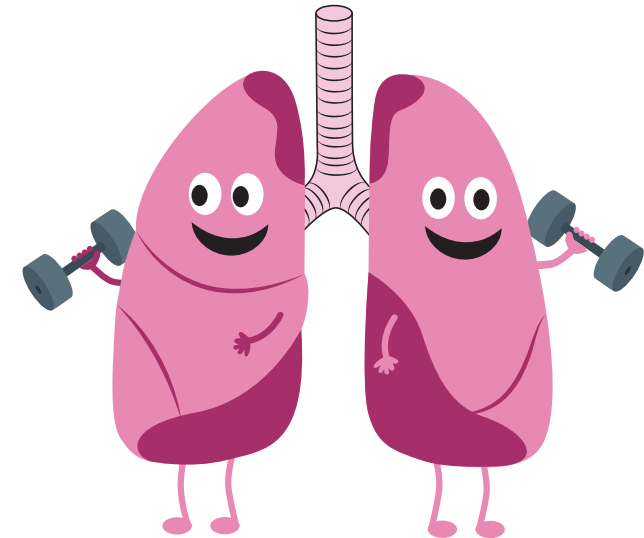
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Integrated Respiratory Team

Active @ Home Exercise Programme



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

Getting started

Week 6

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 below.

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

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

Week 5

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

Staying safe

You should **NOT** start to do these activities if you feel more unwell than usual. 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

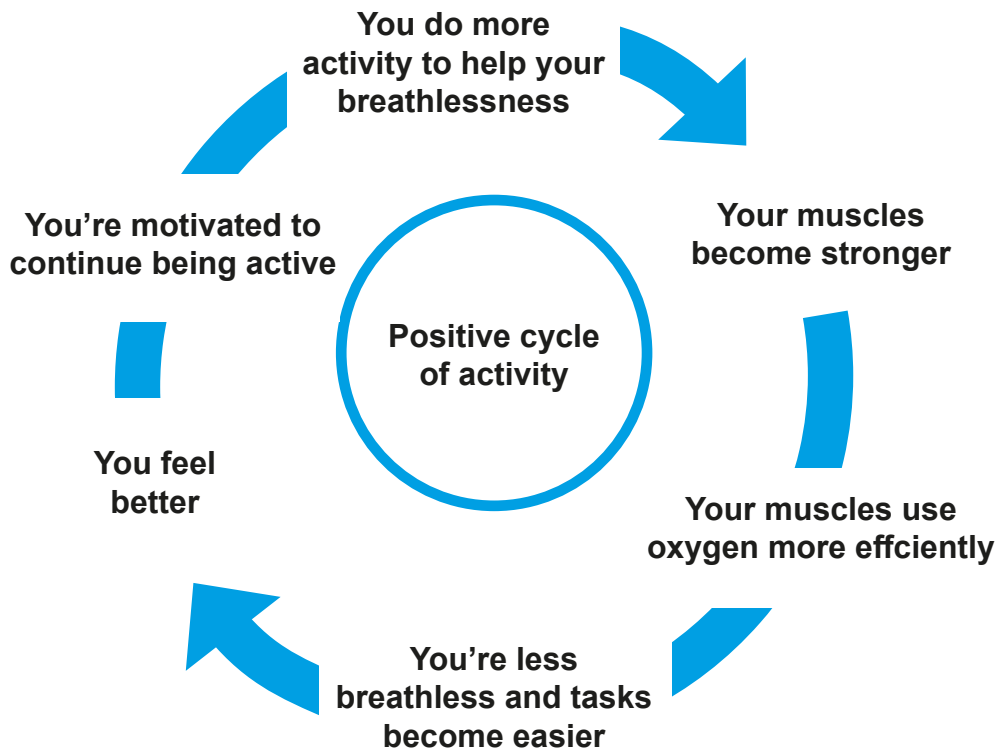
Call your care provider such as your GP or dial 111 if you feel unwell.

In a medical emergency - call 999.

Making progress

To achieve some progress throughout your Active @ Home programme, you will need to gradually build up your strength and endurance.

- Your therapist will provide guidance on when and how to progress with this



Week 4

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

Week 3

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

Goal Setting

Having a goal gives you something positive to work towards and helps you recognise your progress.

Talk to your friends and family about this.

Set yourself **SMART** goals:

Specific – be clear on what you want to do

Measurable – think how you can record what you do

Achievable – be realistic!

Relevant – something important to you

Time bound – set a time to achieve it by

- Think about what you enjoy doing
- Start at a level that's right for you
- Build up gradually, at your own pace.

And celebrate when you reach your goal!

Goal Setting

My long-term goals

What would you like to achieve in the next few weeks or months? How would you like to feel?

My short-term goals

Short-term goals help you gradually build up your activity levels to help you achieve your goals.

Try to make goals as specific as possible and include:

- What you'll do
- When you'll do it
- How long you'll do it for
- Who you'll do it with.

Week 2

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

Week 1

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

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.

- Tin of beans/soup etc
- Bottle of water
- Carton of milk
- You could also buy a small set of weights to use if you wish.



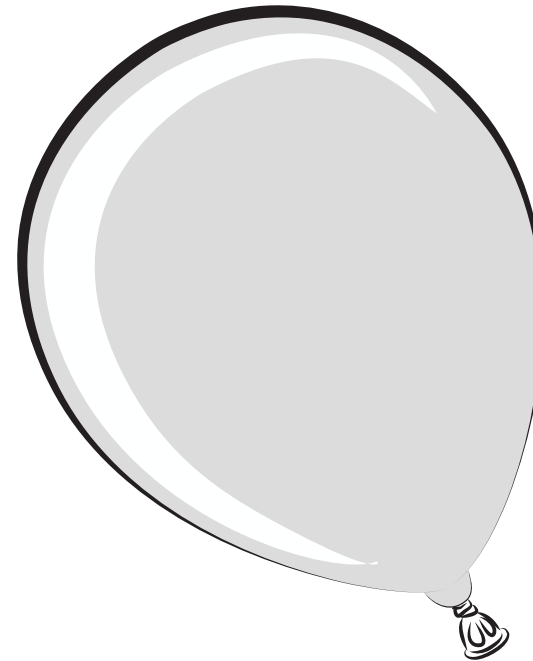
Tips for exercising

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.

Mindful Breathing

- Sit or stand in a comfortable position
- Imagine you have an empty balloon in your stomach
- Try to inflate the balloon by slowly breathing through your nose, breath in by counting to 3
- Now slowly deflate the balloon by letting your breath out through your mouth
- Inflate and deflate the balloon a few times until you feel calmer.



Relaxation

Benefits of Relaxation

- Lower blood pressure
- Slower more controlled breathing
- Improved mood
- Less muscle tension
- Lower level of stress hormones resulting in feeling calmer and making you feel better
- Reduce fatigue and tiredness
- Improved sleep.

West Lothian 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

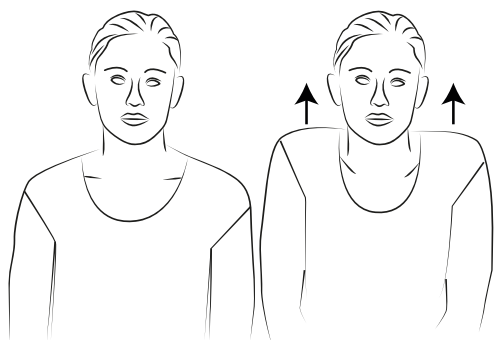
You should aim to reach and stay at level 3 - **Moderate Breathlessness** but still able to talk.

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 Breathlessness Scale (2013) is used with permission from the Lothian Pulmonary Rehabilitation Team

Warm Up

- Always begin with a gentle warm up before moving onto 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.



1. Shoulder shrugs

Gently move your shoulders up and down.

Repeat 10 times.

2. Neck stretches & turns

Slowly lean your head to each side then turn it slowly round.

Repeat approx. x3 times each side.
Stop if this makes you sore.



Cool Down

2. 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.

Hold stretch for 15-30secs each side.



3. Shoulder Stretch

Put your right arm out in front of you then, keeping your arm straight, bring it across your body at shoulder height. Use your left hand to squeeze your right arm towards you until you feel a slight stretch.

Repeat with left side.

Hold stretch for 15-30 sec each side.



Cool Down

Well done on completing all the activities!

Now help your muscles to cool down with a few simple stretches.

Remember, stretches should not cause you pain!

1. Leg stretches

Sit forward to the edge of your chair, place one leg straight out in front with the heel resting on the floor. Keep the other knee bent. You should feel a stretch in the back of the straight leg.

Hold stretch for 15-30secs each side.

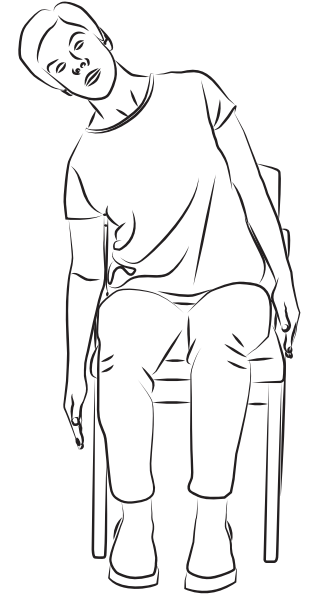


Warm Up

3. Side bend

Keep your body straight with your arms by your sides. Slide one arm a short way towards the floor, bending sideways.

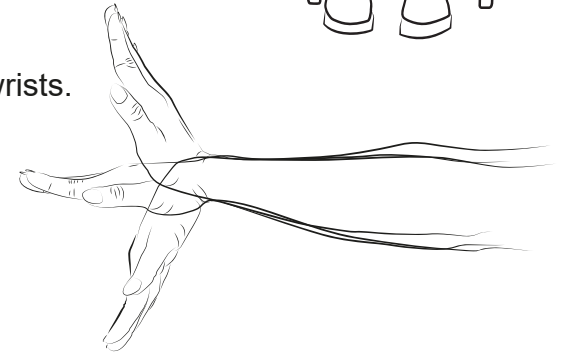
Repeat 3 times each side.



4. Wrist Extensions

Gently bend and extend your wrists.

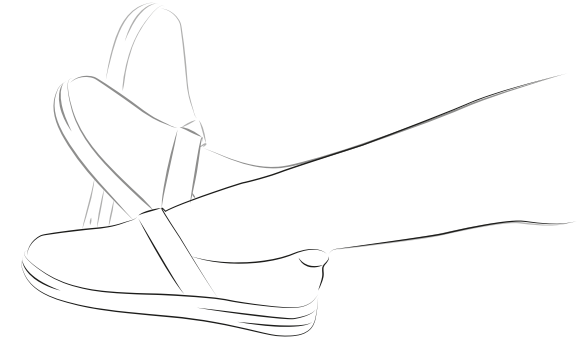
Repeat 10 times each side.



5. Ankle Flexion & Extension

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

Repeat 10 times each side.



Stamina Activities: Walking

Walking is a great way to do aerobic exercise as it can easily be part of your day to day activities and can be done anywhere, at any time. Ideally try a little walking every day.

Level 1: March on the spot <i>(use wall/chair for support if needed)</i>	Time/Lengths
Level 2: Walking: Try to walk at a comfortable pace	
Level 3: Increase pace	
Level 4: Add in arm swings	



Strength Activities: Arm

Sitting on chair with back well supported.
Turning your thumb towards the ceiling.
Lift **one arm up at a time** above your head (not both arms together)

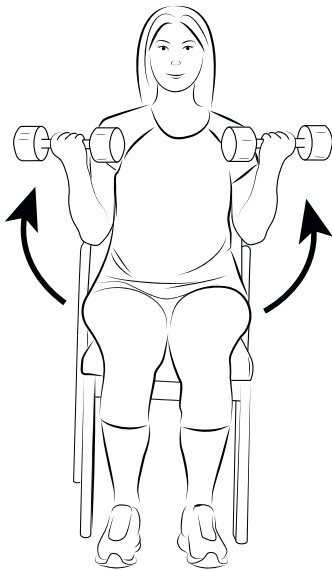
Level 1: Seated	How Many?
Level 2: Add weight	
Level 3: In standing position	
Level 4: Increase weight	



Strength Activities: Elbow Bends

Sit on chair with your back well supported.
Rest your hands at your sides.
Turning your palm towards the ceiling, then bring your hand towards your shoulder.

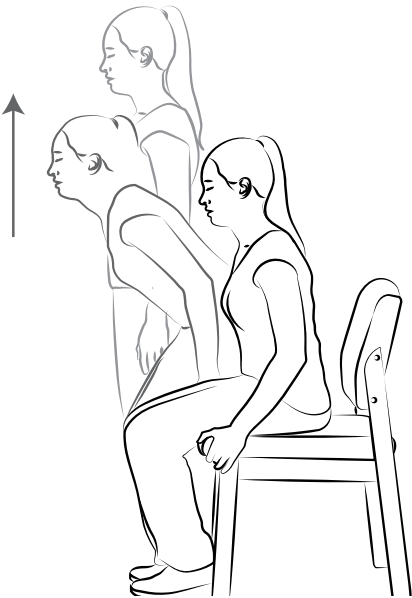
Level 1: Seated	How Many?
Level 2: Add weight	
Level 3: In standing position	
Level 4: Increase weight	



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.

Level 1: Use both hands to push off	How Many?
Level 2: Unaided. No hands to push off	
Level 3: Hold weight in your hands by your sides or a book to your chest	
Level 4: Squat behind chair. Hold for support.	

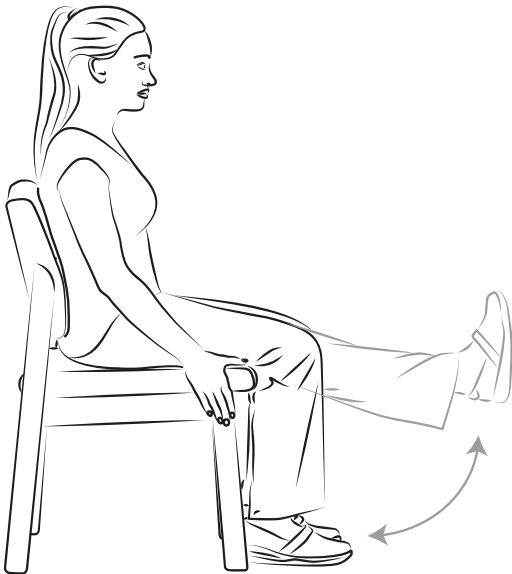


Strength Activities: Knee Extension

Sit on a chair with your back well supported.
Straighten one leg out, squeeze your thigh muscle a little.

Repeat with your other leg.

Level 1: Seated	How Many?
Level 2: Pause for 3 secs while leg is straight	
Level 3: Add ankle weight unless skin is fragile or damaged e.g. rolled up towel	
Level 4: Increase ankle weight	



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.

Level 1: Seated	How Many?
Level 2: Add knee tap	
Level 3: Standing. Use chair/wall for support	
Level 4: Add knee tap	

