Keep On Moving
Your how to guide

Delivering the best in care

UHB is a no smoking Trust

Patient name:

Physiotherapist:

Contact Number:

To see all of our current patient information leaflets please visit www.uhb.nhs.uk/patient-information-leaflets.htm
Benefits of Exercise

Living with a long term lung condition can have a vast impact on your life. You may find it difficult to move around or complete normal activities without becoming breathless. This can be frightening and may cause you to become anxious, which in turn will make your breathlessness worse.

The cycle of breathlessness

- Breathless
- Fear/anxiety
- Increased breathlessness on exertion
- Reduced activity
- Reduced fitness
- Increased breathlessness on exertion
Breathlessness

When you get short of breath, the airways of the lungs constrict. It is common to develop a breathing pattern using the upper part of your chest. This is less efficient, making breathing harder.

To breathe more effectively you need to re-learn to breathe using the lower part of the chest and relaxing the upper part. This will use less energy.

Breathing control

The best position to learn breathing control is sitting:

- With your back well supported, drop shoulders down and relax your hands in your lap
- When you breathe in try to feel the lower ribs and upper abdomen expand
- It may help to put your hand on your abdomen to feel what is happening
- Breathe in through your nose and out through your mouth or nose gently
- This technique will take some practise, especially when you are short of breath. However it will help you gain control more quickly
### Modified Borg Scale

The scale below helps you manage how breathless you feel. It is important that you are aware of how to rate your breathlessness and this will help to show how you are progressing. It is normal to feel more breathless when exercising, reaching a level of 3 or 4 on the scale below.

<table>
<thead>
<tr>
<th>Scale</th>
<th>Severity of breathlessness</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No breathlessness at all</td>
</tr>
<tr>
<td>0.5</td>
<td>Very, very slight breathlessness (just noticeable)</td>
</tr>
<tr>
<td>1</td>
<td>Very slight breathlessness</td>
</tr>
<tr>
<td>2</td>
<td>Slight breathlessness</td>
</tr>
<tr>
<td>3</td>
<td>Moderate breathlessness</td>
</tr>
<tr>
<td>4</td>
<td>Somewhat severe breathlessness</td>
</tr>
<tr>
<td>5</td>
<td>Severe breathlessness</td>
</tr>
<tr>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Very severe breathlessness</td>
</tr>
<tr>
<td>8</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Almost maximum breathlessness</td>
</tr>
<tr>
<td>10</td>
<td>Maximum breathlessness</td>
</tr>
</tbody>
</table>

### Cautions

Consult your doctor or physiotherapist prior to starting this exercise programme and **stop** exercising if you:

- Get chest pain
- Feel dizzy/nauseous
- Feel clammy/cold
- Feel more wheezy
- Feel very tired
The programme

Safe exercise consists of a warm up, an exercise session and a cool down. The physiotherapist will design the programme specifically for you.

It is important you complete each section of the programme to prevent injury.

Included at the back of this leaflet is an activity diary to record your progress. It may be worth making some copies of the activity diary so you can continue to record your progress over the coming weeks.

Goal 1: ........................................................................................................................................................................
........................................................................................................................................................................

Goal 2: ........................................................................................................................................................................
........................................................................................................................................................................
Warm up

1. Neck rotations
   - Whilst sitting on a chair, slowly rotate your head to look over your right shoulder
   - Slowly return to your starting position
   - Continue the movement slowly to look over your left shoulder
   - Repeat this ...... times to each side

2. Shoulder shrugs
   - Sit on a chair
   - Breathe in and raise your shoulders gently towards your ears
   - As you breathe out, slowly lower them down again
   - Repeat this ........ times

3. Body rotations
   - In sitting, cross your arms across your chest. Keep your hips facing forwards and your legs still
   - Slowly turn your body to the right, keeping your head in line with your body. Return to the middle
   - Then turn your body to the left
   - Repeat ...... times to each side

4. Toe/heel taps
   - Sitting in a chair with your feet flat on the floor
   - Keeping your toes on the ground, lift your heels up towards the ceiling. Relax your heels to the floor
   - Repeat this...... times
Mobility

- Walk your recommended distance as discussed with your physio
- Time how long this takes you
- Your breathlessness should reach 3 or 4 on the Modified Borg Scale
- If you do not reach level 3 or 4, try to increase your distance gradually
- Continue to time how long you are able to walk
- Re-assess your breathlessness throughout the exercise
- You should be able to walk further and for longer periods as your breathing improves

Strengthening exercises

1. Sit to stand

- Start by sitting on your chair
- Stand up, rest as required, and then sit back down
- Repeat this ...... times
- To make this harder, do not use your hands to help or increase the number of repetitions
2. Mini squats

- Stand with a chair for support only if required
- Keep your back straight and bend your knees into a squat position
- Straighten your knees and repeat ..... times
- Add hand weights to progress or increase the number of repetitions.

3. Arm raises

- Start with your hands by your side
- Lift your right arm sideways towards the ceiling as far as you can
- Return your arm to your side
- Repeat with your left arm
- Repeat ...... times on each arm
- Add hand weights to progress or increase the number of repetitions.

4. Bicep curls

- In standing or sitting, slowly bend and straighten your right elbow
- Repeat on your left side
- Repeat ..... times on each arm
- Add hand weights to progress or increase the number of repetitions.
5. Step ups

- Using a step, step onto the step with both feet.
- Step back down.
- Change the leg you use to step up to strengthen both legs.
- Repeat this ...... times.

6. Seated Marching

- Sitting on a chair, lift your knees up and down.
- Repeat this ...... times.

7. Leg Lifts

- Sitting a chair, straighten your left knee.
- Hold it straight for 5 seconds, then slowly bend it to the floor.
- Repeat with your right leg.
- Repeat ...... times.
1. Calf stretch
- Hold on to a stable surface
- Place one leg in front of the other
- Lean your body forwards, bending your front knee
- Keep your back leg straight and foot flat on the floor
- Feel a stretch along your calf
- Hold for 10 seconds on each leg

2. Chest stretch
- Clasp your hands together behind your back
- Pull your shoulders back and elbows together
- Feel a stretch across the front of your chest
- Hold for 10 seconds

3. Back stretch
- Clasp your hands together in front of you, palms facing inwards
- Pull your arms forwards to create an arched back
- Feel a stretch between your shoulder blades
- Hold for 10 seconds
<table>
<thead>
<tr>
<th>Example</th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Weds</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mobility</td>
<td>Resting</td>
<td>Modified borg</td>
<td>Mod to borg</td>
<td>Modified borg</td>
<td>Mod to borg</td>
<td>Mod to borg</td>
<td>Mod to borg</td>
<td>Mod to borg</td>
</tr>
<tr>
<td>Distance walked</td>
<td>5M</td>
<td>5M</td>
<td>5M</td>
<td>5M</td>
<td>5M</td>
<td>5M</td>
<td>5M</td>
<td>5M</td>
</tr>
<tr>
<td>Repetitions</td>
<td>55 Sec</td>
<td>55 Sec</td>
<td>55 Sec</td>
<td>55 Sec</td>
<td>55 Sec</td>
<td>55 Sec</td>
<td>55 Sec</td>
<td>55 Sec</td>
</tr>
<tr>
<td>Modified borg</td>
<td>5/10</td>
<td>5/10</td>
<td>5/10</td>
<td>5/10</td>
<td>5/10</td>
<td>5/10</td>
<td>5/10</td>
<td>5/10</td>
</tr>
<tr>
<td>Strengthening</td>
<td>Sit to stand</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
</tr>
<tr>
<td></td>
<td>Mini squats</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
</tr>
<tr>
<td></td>
<td>Arm raises</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
</tr>
<tr>
<td></td>
<td>Biceps curls</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
</tr>
<tr>
<td></td>
<td>Step ups</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
</tr>
<tr>
<td></td>
<td>Seated marching</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
</tr>
<tr>
<td></td>
<td>Leg lifts</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
<td>3x8</td>
</tr>
<tr>
<td></td>
<td>Cool down</td>
<td>Modified borg</td>
<td>4/10</td>
<td>4/10</td>
<td>4/10</td>
<td>4/10</td>
<td>4/10</td>
<td>4/10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Calf stretch</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chest stretch</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Back stretch</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
<td>x1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Modified borg</td>
<td>3/10</td>
<td>3/10</td>
<td>3/10</td>
<td>3/10</td>
<td>3/10</td>
<td>3/10</td>
</tr>
</tbody>
</table>

*Example: 1/10, 2/10, 3/10, 4/10, 5/10, 10/10*
Helpful contacts

If you have any further questions or require any more information please call:

**Respiratory Support Team: 0121 371 4805**

**NHS 111: 111**

Age UK
Website: www.ageuk.org.uk

**Support and services for carers (Birmingham)**
Birmingham Carers Hub
Website: www.birminghamcarershub.org.uk
Telephone: 0333 006 9711

**British Lung Foundation**
Website: www.blf.org.uk
Email: enquires@blf-uk.org
Helpline: 03000 030555

**Breathe Easy Group**
Contact British lung Foundation for details of your local group

The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk or call 0121 627 7803