



University Hospitals Birmingham
NHS Foundation Trust



Pre and post Surgery Fitness Regime

Building healthier lives

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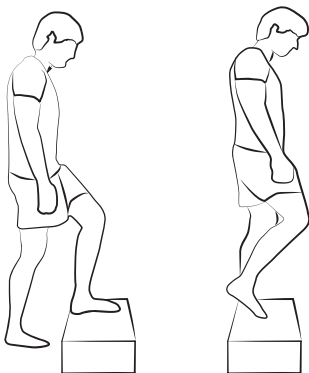
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www.uhb.nhs.uk/patient-information-leaflets.htm

The pre and post surgery fitness regime has been designed by physiotherapists to improve your fitness. The exercises are a mix of cardiovascular and strengthening exercises.

You should complete each exercise for 1 minute and complete the circuit twice – a total of 20 minutes' exercise.

To ensure you gain the optimum benefit from the exercises, it is important to increase the intensity/difficulty so that you feel breathless whilst performing the exercise. You should aim for a Borg Breathlessness Score of 3 – 4 (moderate to somewhat severe breathlessness) – see page 6.

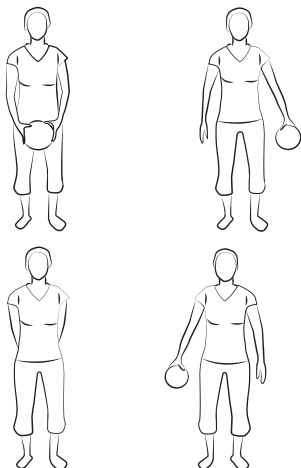
1



Step up and down with the use of handrail

- Stand at bottom of stairs holding onto rail
- Step up and down
- Complete for 1 minute
- Increase the number of step ups

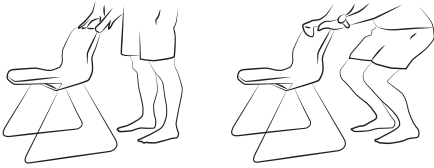
2



Passing ball round the body

- Pass ball around body clockwise for 30 seconds and then anticlockwise for 30 seconds
- If you don't have a ball you could use a cushion
- To progress, march on the spot whilst passing the ball around your body

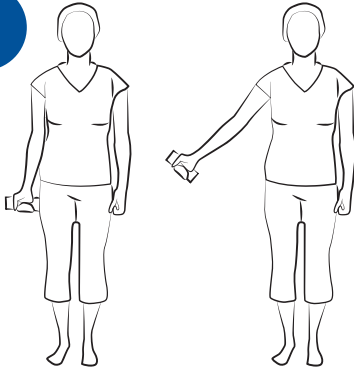
3



Squats

- Stand with a chair for support if required
- Keep your back straight and bend your knees into a squat position
- Straighten your knees and repeat
- Add hand weights to progress

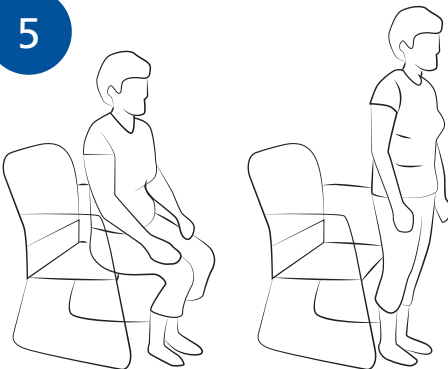
4



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. To progress add weights, you could use an empty 4 pint milk bottle and gradually add water to increase the weight.
- Complete for 1 minute

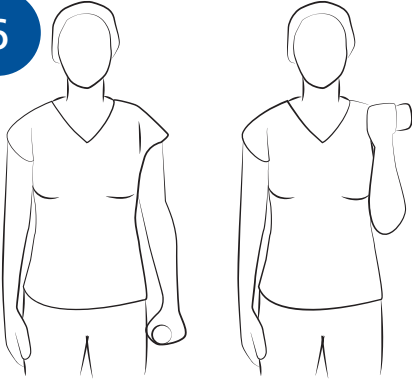
5



Sit to stand

- Start by sitting on your chair
- Stand up and then sit back down
- Complete for 1 minute
- To make this harder, do not use your hands to help

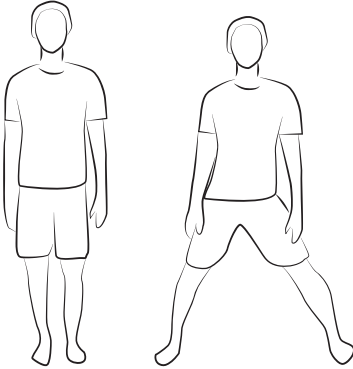
6



Bicep curls

- While standing, holding onto hand weights, slowly bend and straighten your right elbow
- Repeat on your left side
- Continue for 1 minute
- Increase weight of hand weights to progress. Milk bottles could be used instead of hand weights

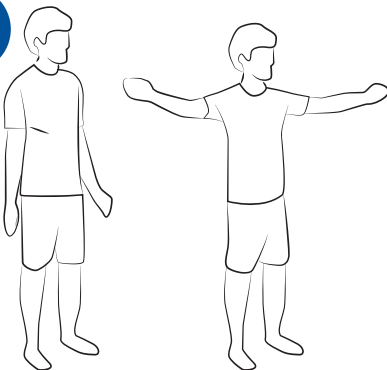
7



Side steps

- While standing, step out and then back in with your right leg
- Repeat with your left leg
- Continue for 1 minute
- Progress by adding arm raises at the same time; progress further by adding hand weights to arm raises

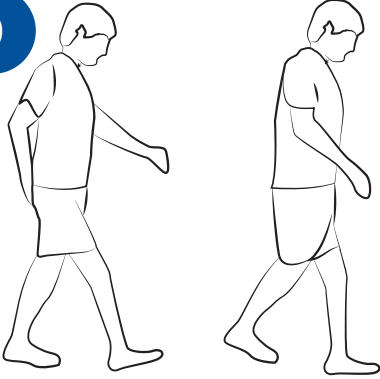
8



Angels

- Start with your hands by your sides
- Lift your arms sideways towards the ceiling as far as you can then bring them down in front of you
- Lift your arms up as high as you can in front of you then bring your arms sideways towards the ground
- Progress by adding weights, you could use an empty 4 pint milk bottle and gradually add water to increase the weight

9



Walking

- Walk for 1 minute
- Increase speed to progress
- To progress further add hand weights. If you do not have hand weights use milk bottles

10



Ball lift

- Start holding ball in both hands
- Lift the ball towards the ceiling as far as you can
- Bring the ball back to your chest
- Repeat for 1 minute
- To progress, march on the spot while performing the ball lift

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.

Scale	Severity of breathlessness
0	Nothing at all
0.5	Very, very slight
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe
6	
7	Very severe
8	
9	Very, very severe
10	Maximal

	Example	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Exercises								
Step ups	√ √							
Ball round body	√ √							
Squats	√ √							
Arm raises	√ √							
Sit to stand	√ √							
Biceps Curls	√ √							
Side steps	√ √							
Angels	√ √							
Walking	√ √							
Ball lift	√ √							
Modified Borg	3/10	/10	/10	/10	/10	/10	/10	/10

When to stop exercising

You should stop exercising if you experience any of the following symptoms:

- Severe chest pain
- Increase in chest tightness
- Dizziness or faint feeling
- Much more breathlessness than you experienced the last time you did this exercise.

If your symptoms do not settle after 2–3 minutes telephone your contact number for advice. If your symptoms persist contact your GP.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

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