



**University Hospitals Birmingham**  
NHS Foundation Trust



**Keep on moving:-  
your how to guide**

**Building healthier lives**

**UHB is a no smoking Trust**

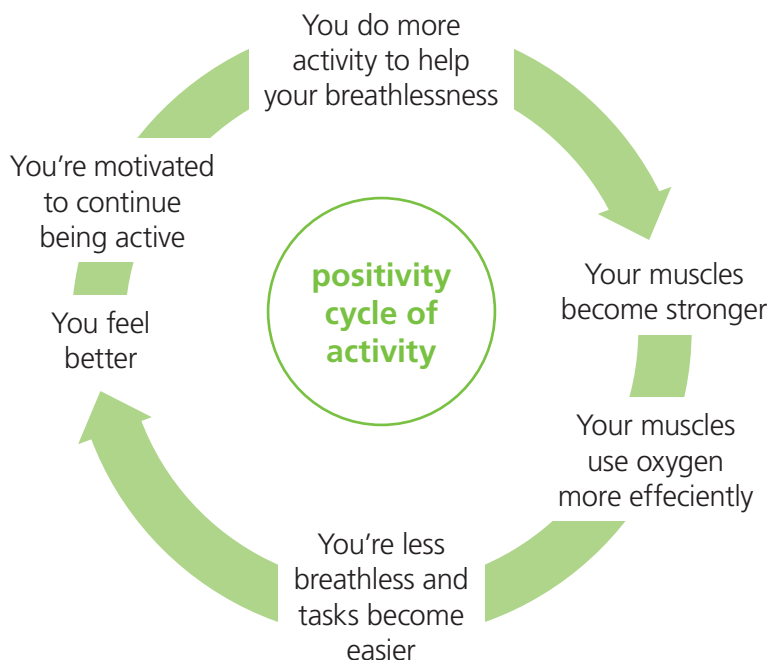
## Benefits of exercise

There are lots of benefits of exercise when you have a long term lung condition or recovering from being unwell and find you are getting more breathless on exertion. 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.

If you have a long term lung condition or are recovering from an illness which meant you had to rest for a prolonged period, in hospital or at home, your muscles will have become weaker and therefore not as ready to respond to exertion.

We know that by exercising you can improve your muscle strength. This can help to improve how your body uses oxygen and so recover quicker from breathlessness.

Remember that breathlessness is a normal reaction to exerting yourself.



## Breathlessness is normal

If you exert yourself you may find you are more aware of your breathing as you will be breathing faster, it may be noisier and you may feel breathless. It is very important to remember that breathlessness is normal for everyone. At what amount of exertion that you get breathless will be different for everyone and it is due to a few things. You may find that you are mouth breathing when you exert yourself and this is ok because it will help get more air in quickly to help you recover.

The reason we get breathless when we exert ourselves is because our muscles need oxygen to function. The amount of oxygen our bodies can carry and store can be affected by different medical conditions such as lung and heart conditions, from being unwell or in hospital, or by how active and fit we are.

If you imagine a sprinter at the end of their race they are normally very breathless and having to lean forwards to get more air in quickly. They usually recover quite quickly from this because their bodies are able to carry more oxygen around more quickly and store more spare oxygen. You may find that you get breathless from a normal everyday activity such as going up and down the stairs. It may take you a lot longer to recover from this.

# Modified BORG scale

The scale below helps you to manage how breathless you feel. It is important that you are aware of how to rate your breathlessness and this will help to show you how you are progressing with your exercises. Remember it is normal to feel breathless when exercising. When exercising, you should reach level 3 or 4 on the scale below.

Scale	Severity of Breathlessness
0	No breathlessness at all
0.5	Very, very slight breathlessness (just noticeable)
1	Very slight breathlessness
2	Slight breathlessness
3	Moderate breathlessness
4	Somewhat severe breathlessness
5	Severe breathlessness
6	
7	Very Severe breathlessness
8	
9	Almost maximum breathlessness
10	Maximum breathlessness

## 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

# Goal setting

It is important to set yourself some goals of things you would like to achieve from doing your exercises. It is good to think of a short term goal and a long term goal for yourself.

Short Term Goal:.....

Long Term Goal:.....

# The programme

Safe exercise consists of a warm up, an exercise session and a cool down. The programme will be tailored to your ability following a brief physical assessment

It is important to complete each section of the programme to reduce the risk of injury.

Included at the back of the leaflet is an activity diary to record your progress. You may want to make copies of this.

# Assessment

1 minute sit to stand test.

Sitting in the middle of a chair with a straight back without arm rests (seat 17" high). Cross your arms across the body and keep feet flat on the floor. Time for 1 minute how many full sit to stands can be achieved.

**Number of sit to stands in 1 minute** .....

Work out 80% of this to prescribe following exercise programme.

**80 %** .....

# Warm up

## Neck rotation



- 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

## 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

## Shoulder circle



- Sit on a chair
- Rotate your shoulders together at the same time forwards in small circles
- Repeat this in a backwards movement
- Repeat this .....times

## Body rotation



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

## Punching out



- Sit on a chair
- Raise both arms and punch them out like boxing in front of you
- Repeat this for a minute
- Repeat this ..... times
- Repeat this ..... time

## Toe/heel taps



- Sit on a chair keeping your feet flat on the floor
- Keeping your toes on the ground, lift your heels up towards the ceiling
- Then do the opposite so your toes come upwards and your heels stay downwards
- Repeat this ..... times

# Strengthening Exercises

## Sit to stand



- Start by sitting on your chair
- Stand up, rest as required, and then sit back down again
- Repeat this ..... times
- To make this harder, do not use your hands to help or hold some hand weights

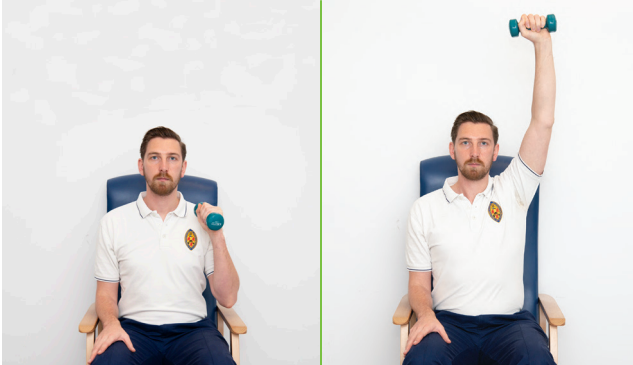
## Mini squats



- Start by standing in front of your chair
- Keep your back straight and bend your knees into a squat position
- Straighten your knees
- Repeat this ..... times
- To make this harder, hold some hand weights



## Arm raises



- Start by sitting on your chair
- Start with your elbow bent and your hand at shoulder height
- Lift your arm straight upwards above your head to straighten your elbow
- Return to the starting position
- Repeat this ..... times
- Repeat with your other arm
- To make this harder, hold some hand weights

## Bicep curls



- Start by sitting in your chair
- Start with your elbow in a straight position
- Slowly bend your elbow up to your shoulder
- Slowly straighten your elbow down again
- Repeat this ..... times
- Repeat with your other arm
- To make this harder, hold some hand weights

## Step ups



- Using a step, step up onto the first step with both feet
- Step back down
- Repeat this ..... times
- Change the leg you use to step up with
- To make this harder, hold some hand weights

## Seated marching



- Start by sitting in your chair
- Lift your knees up and down slowly
- Repeat this ..... times
- To make this harder you can use ankle weights

## Legs lifts



- Start by sitting in your chair
- Straighten your left knee with your toes pointing upwards
- Hold for 5 seconds and then slowly bend it back down
- Repeat ..... times
- Repeat this with your right leg
- To make this harder you can use ankle weights

## Wall push



- Start by standing in front of a wall
- Make sure you are stood 2 foot lengths away from the wall
- Place your hands flat on the wall at shoulder width apart
- Lean down into the wall so your elbows bend
- Push out to straighten your elbows slowly
- Repeat this ..... times

## Hand cycles (to be done using a set of peddles)



- Start by sitting in your chair
- Make sure your peddles are in front of you on a hard surface like a table
- Cycle your hands round in circles
- Repeat this ..... times

## Leg Cycles (to be done using a set of peddles)



- Start by sitting in your chair
- Make sure your peddles are set up against the wall on the floor
- Cycle your legs round
- Repeat this for ..... minutes

## Cool down

### Shoulder stretch



- Sit on a chair
- Stretch one arm across your body if able and help it stretch by pushing on your elbow with the other hand, hold for 10 seconds
- Repeat this with the other arm
- Repeat this .....times

## Leg stretch in sitting



- Start by sitting in your chair
- Keeping one leg bent straighten the other one out
- Keep your toes facing upwards
- Lean onto your bent leg and you should feel a stretch up the back of your straight leg
- Repeat with the other leg
- Repeat this ..... times

## Towel stretch



- Start by sitting in your chair
- Holding on to a rolled up towel placed behind your back from one shoulder down to the opposite hip
- Stretch your top arm straight upwards
- Then stretch the bottom arms downwards
- Repeat this ..... times
- Swap your arms over and Repeat again

## Body rotation



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

## Walking

How to find your Baseline Walking Program Completing a baseline walking test in your own home environment will enable you to set goals for your 6 week walking program.

- Find an area indoors or outdoors that you can walk 10m in a straight line
- Walk at a gentle walking pace (BORG 3–4) for as long as possible until you have to stop. Time this on a stopwatch.
- The amount of time you can walk for before stopping is your baseline walking time/distance.



Over the next 6 weeks the aim is to increase your walking distance by approx. 30% in total or 5% each week. Please see the table below and circle your target walking time (please round up to the nearest milestone):

	Time	6 week Goal	Goal per week
20m = 26m	30 secs	39 secs	1.5 secs
50m = 65m	60 secs	48 secs	3 secs
100m = 130m	90 secs	117 secs	4.5 secs
150m = 195m	120 secs	156 secs	6 secs
200m = 260m	150 secs	195 secs	7.5 secs
250m= 325m	180 secs	234 secs	9 secs
300m= 390m	210 secs	273 secs	10.5 secs
350m = 455m	240 secs	312 secs	12 secs
400m = 520m	270 secs	393 secs	13.5 secs
450m = 535m	300 secs	390 secs	15 secs
500m = 650m	330 secs	429 secs	16.5 secs
	360 secs	468 secs	18 secs

- Now we have established your baseline walking time/distance please enter this value in the week 1 baseline box in the table below
- Aim to complete a 4–5 walks per week at your baseline (BORG 3-4) or further if able, with the aim to reach your target for that week by day six
- You will need to document your weekly target in the table below.
- At the end of each week transfer the walking distance you have achieved to the next week in your “new baseline box”
- Continue to complete 4–5 walks per week to at least your new baseline (BORG 3–4) or further if able
- Continue to repeat this process for the full 6 week walking program, with the aim to achieve your overall walking distance/time goal highlighted above by the end of week six

# 6 Week Walking Program

## Week 1: Target

Baseline	Day 1	Day 2	Day 3
Day 4	Day 5	Day 6	Day 7

## Week 2: Target

New baseline	Day 1	Day 2	Day 3
Day 4	Day 5	Day 6	Day 7

## Week 3: Target

New baseline	Day 1	Day 2	Day 3
Day 4	Day 5	Day 6	Day 7

## Week 4: Target

New baseline	Day 1	Day 2	Day 3
Day 4	Day 5	Day 6	Day 7

## Week 5: Target

New baseline	Day 1	Day 2	Day 3
Day 4	Day 5	Day 6	Day 7

## Week 6: Target

New baseline	Day 1	Day 2	Day 3
Day 4	Day 5	Day 6	Day 7