



Exercise Program For Cardio Pulmonary Patients



Lilavati Hospital and Research Centre

More than Healthcare, Human Care

NABH Accredited Healthcare Provider

Exercise Program

Breathing exercise

Diaphragmatic/Deep breathing exercise:

Position: Sit upright with back supported. Breathe in deeply through your nose, hold 2-3.0 repetitions, then blow out slowly through your mouth in a relaxed way. 7-10 repetitions, 3 times a day.



DIAPHRAGMATIC BREATHING EXERCISE

Lateral expansion exercise

Position: Sit upright with back supported. Place your hands on the side of your chest. Breathe in deeply through nose, hold for 2-3 sec expanding your chest and then blow out slowly through your mouth in a relaxed way. 7-10 repetitions, 3 times a day.

Incentive Spirometry:

Position: Sit upright. Place the mouth piece in your mouth. Slowly and deeply breathe in through your mouth, raising the ball up. Hold for 3-5 counts then remove the mouthpiece and blow out through mouth. 7-10 repetitions, 2-3 times a day.

Progression: range of spiro is from 200 cc - 1200 cc. Train to lift the ball and hold it at least 3-5 counts up to at least 5 counts. Progress to next level only if you can hold the ball at next level.

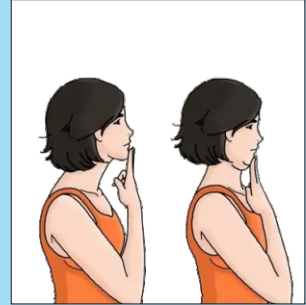


The exercise program will start with

Warm Up

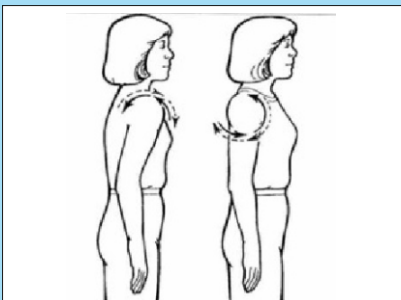
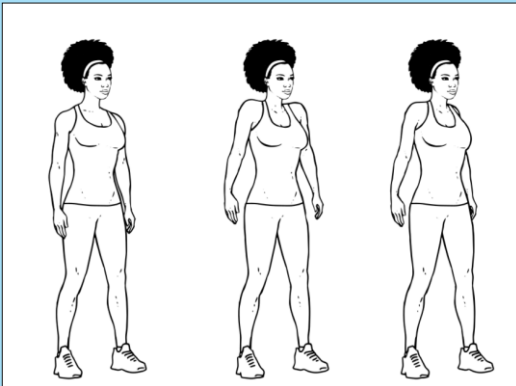
15 minutes. It includes:

Chin tucks



Sitting in a relaxed position with your back erect, move your head straight backwards as far as possible. Hold this position for 3 counts and then relax.

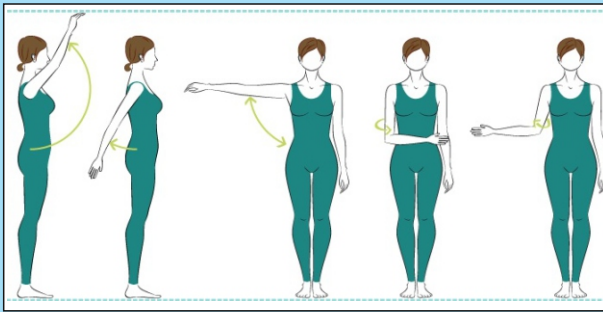
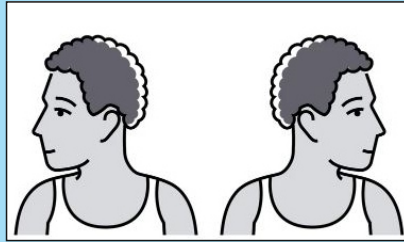
Shoulder shrugs and circles



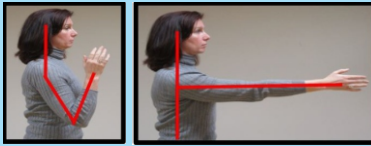
1. Neck sideways



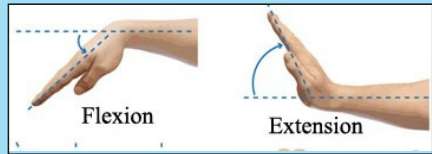
2. Neck rotation



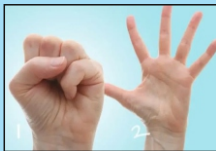
3. Shoulder up and down in vertical and horizontal plane



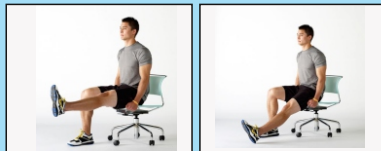
4. Elbow bending and straightening



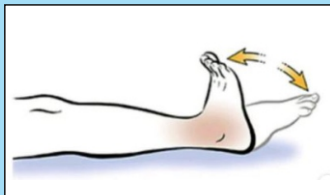
5. Wrist—circle the wrist in clockwise and anticlockwise direction and wrist flexion and extension



6. Fingers movements



7. Hip flexion in sitting



8. Ankle Pumps

Posture awareness

You must try maintaining an upright posture while sitting, standing, walking etc. This will prevent pain & stiffness in neck, shoulder & back.

AEROBIC EXERCISE PROGRAM

- ▶ Aerobic exercise is the type of exercise recommended to strengthen the cardio pulmonary system
- ▶ Walking is an excellent form of aerobic exercise. Alternate periods of activity with rest to minimize fatigue.
- ▶ Stop and rest if experiencing extreme fatigue, excessive sweating, shortness of breath, light-headedness, nausea, or a pounding chest (Palpitations / Breathlessness).
- ▶ The rate of perceived exertion (R.P.E) also aids you in determining how hard your heart is working. Choose a number below that best describes how the exercise feels to you. Be sure to consider your overall sensations and feelings of physical stress, effort and fatigue.
- ▶ It is normal to feel pleasantly tired when first beginning an exercise program. Mild muscle fatigue or soreness may occur due to unaccustomed exercise. These minor complaints should cease as you progress through the program.
- ▶ Exercise programme is custom made as per need of patients.

- ▶ Note: while walking keep a track on RPE. If any sensation like breathlessness, sweating, palpitations and chest pain is felt, stop the exercise immediately and rest for few minutes. If symptoms persist, consult the physician immediately.
- ▶ Borg scale: to assess the rate of exertion felt during the exercise i.e. from 1-10, grade yourself accordingly.

RPE SCALE

0 – nothing at all
0.5 – very, very weak
1 – very weak
2 – weak
3 – moderate

4 – somewhat strong
5 – strong

7 – very strong
10 – very, very strong

- ▶ Never exceed moderate level of exertion with exercises.

kindly contact physiotherapy Department on the following
numbers for prior appointment

Contact No: 022-69301536 / 1698 / 1699



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