

## Therapy Department

# Respiratory Rehabilitation: A Patient's Guide

## Introduction

With your stay in hospital, being unwell and more inactive than normal, you can experience reduced muscle strength, stiff joints, loss of appetite and tiredness (fatigue). Some people find they have poor quality sleep and abnormal sleeping patterns that can then affect their mood, concentration and memory. This can mean that the slightest activity takes tremendous effort and may tire you out very quickly.

## Rehabilitation

Rehabilitation is about helping your **physical** and **emotional** recovery. The aim of this booklet is to provide you with some tried and tested ideas to increase your activity and aid your recovery.

## Routine

Getting yourself into a normal routine is vital to your physical and emotional wellbeing. If you have a routine of day-to-day tasks and remain consistent with that routine, you may find that you improve more quickly. For example, try to wake up at a normal time for you, continue by doing things like having a wash and getting dressed.

## Functional Tasks

When you leave hospital, examples of functional tasks are things like washing and dressing yourself, walking up and down the stairs or standing



## Patient Information

to make yourself a hot drink or a sandwich. These are short bursts of activity that help you to get back to feeling yourself.

You may find that you need to **rest** more throughout the day and this is **completely normal**. Just remember there is **no rush** to get things done and a 'little and often' approach will help you to save your energy.

## Concentration

At first when you leave hospital you may feel unable to concentrate on TV programmes, books or newspapers. This normally gets better by itself as your wellbeing starts to improve. Doing things like quizzes, games, reading the newspaper and completing crossword puzzles can help improve your concentration levels. Again, you may need regular rests so that you don't feel exhausted.

## Exercises

Exercises may be given to you by your Physiotherapist in order to target specific muscle groups to improve your overall strength and fitness. If your Physiotherapist has prescribed specific exercises then they will tick (✓) the ones that apply to you.

### Just remember...

Exercises **should be challenging**, but **not exhausting**. If you feel that an exercise is too hard think about

- **Reducing** the number of times you do the exercise
- Do it for a **shorter** length of time

If you find the exercise too easy, why not

- **Increase the number of times** you do the exercise
- **Increase the length of time** you do the exercise for

### Important points before you start...

- Follow the instructions in the exercise plan

## Patient Information

- Do not do too much too soon. This may make you feel over- tired and affect your ability to do exercises the next time you attempt them
- If you have a bad day, try not to let this upset you. Everyone feels like that at times, but this does **not** mean you aren't improving
- **Stop the exercise** immediately if you feel dizziness, chest pain/ tightness or much more breathless than usual
- **Stop the exercise** immediately if you feel joint or muscle pain **during** the exercise
- Try and keep track of when you complete your exercises so you can see your progress

The exercises in this booklet are separated into:

1. Bed exercises
2. Chair exercises
3. Standing exercises

Please complete the ones that have been prescribed by your Physiotherapist.

## Patient Information

### 1. Bed Exercises

Remember to exercise both legs

#### Static Quadriceps

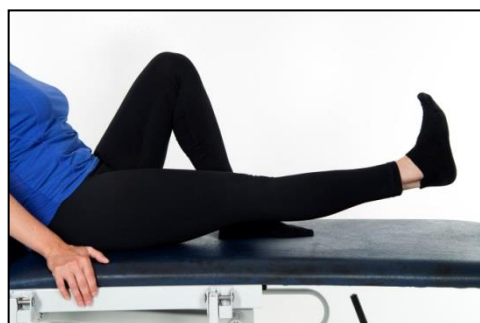


Put your legs out straight in front of you. Pull your foot up towards you and push your knee down into the bed.

**Hold for 5 seconds** and then relax your leg.

Repetitions..... Sets.....

#### Straight Leg Raise

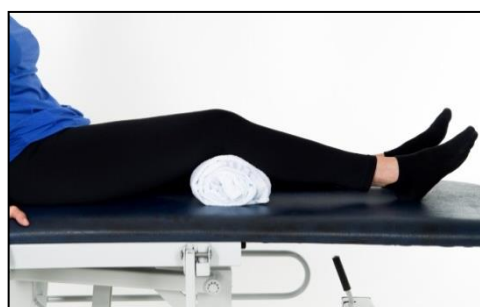


Bend one knee up so your foot is on the bed. Straighten your other leg and lift off the bed a few inches.

**Hold for 3 seconds** and then slowly relax your leg back down.

Repetitions..... Sets.....

#### Inner Range Quads



Put a rolled up towel under your knee. Tighten your thigh muscles and lift your heel up from the bed until your knee is straight.

**Hold for 5 seconds** and then slowly lower your heel back down to the bed.

Repetitions..... Sets.....



## Patient Information

### Hip and Knee Flexion



Bend your knee up in front of you keeping it in midline to your body. Bend your knee up as much as you can, then slowly lower back down to the bed. Take care not to drag your heel.

Repetitions..... Sets.....

### Ankle Dorsiflexion and Ankle Plantarflexion



Pull your foot up towards you as much as you can, then point your foot away from you.

Repetitions..... Sets.....



### Bridging



Bend your knees up so your feet are flat on the bed. Using your bottom and leg muscles, raise your buttocks up off the bed, pushing equally through both legs. Keep your pelvis level.

**Hold for 5 seconds** and slowly lower back to the bed.



Repetitions..... Sets .....

## 2. Chair Exercises

### Knee Extension



Pull your toes up and straighten your knee.

**Hold for 5-10 seconds** and then slowly relax your leg back down.

Remember to exercise both legs.

Repetitions..... Sets .....

### Seated Marching



Lift your leg off the seat keeping your knee bent. Return to the starting position.

Repeat on alternate legs.

Repetitions..... Sets .....

### Adductor Squeeze



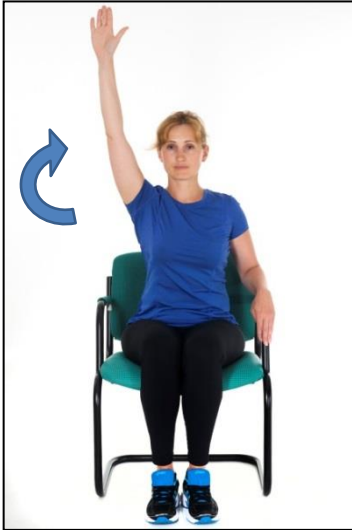
Place a towel in between your knees. Squeeze the towel with the insides of your thighs.

**Hold for 5-10 seconds** and then relax.

Repetitions..... Sets .....

## Patient Information

### Shoulder Abduction



Lift your arm up to the side letting the thumb lead the way.

Repeat on alternate arms.

Repetitions..... Sets .....

### Ball Around Body



Sit forward in the chair and pass the ball around your waist.

Repetitions..... Sets .....

### 3. Standing Exercises

The following should be performed in standing. Have a chair behind you in case you need to rest

**Sit to Stand**



Stand from the chair using both arms to help you get up.

To progress this exercise, just use one arm and then progress to no arms.

Repetitions..... Sets .....

**Squats**



Keeping your back straight, bend your knees and push your legs straight again.

Position yourself near a fixed surface approximately waist height for balance if needed.

Repetitions..... Sets .....

**Standing Spot March**



Standing tall behind a chair, resting hands on the back of the chair, march on the spot.

Repetitions..... Sets .....



## Patient Information

### Hip Extension



Standing tall behind a chair, squeeze your bottom together and move one leg behind you at a time.

**Hold for five seconds.**

Remember to exercise both legs.

Repetitions..... Sets .....

### Hip Abduction



Standing tall behind a chair, slowly move one leg out to the side.

**Hold for five seconds.**

Remember to exercise both legs.

Repetitions..... Sets .....

### Heel Raises



Standing tall behind a chair, slowly go up onto your toes and then lower.

Repetitions..... Sets .....

## Patient Information

If you have any concerns or queries regarding your exercises then please ask a member of staff for advice. **You can contact the Therapy Department on 024 7696 6013.**

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact the Therapy Department on 024 7696 6013 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Document History

|             |                 |
|-------------|-----------------|
| Department: | Physiotherapy   |
| Contact:    | 26013           |
| Updated:    | August 2020     |
| Review:     | August 2023     |
| Version:    | 1               |
| Reference:  | HIC/LFT/2480/20 |