

Patient Information

Cardiac Services

Cardiac Rehabilitation Home Programme 1

Name:

Date Issued:

Exercise Physiologist

Introduction:

To make further benefits while completing Cardiac Rehabilitation, it is important to remain as physically active as possible.

The programme is designed to be:

- a) Completed every other day around your Cardiac Rehabilitation exercise classes **OR**
- b) Used instead of coming to our classes, we recommend you do this programme **2-3 times per week.**

Each routine is designed to last **30-45 minutes.**



Remember:

- Always do a thorough **warm-up (10-15mins)** and **cool-down (10mins)**
- Make sure that you carry your **Glyceryl Trinitrate (GTN) spray** or keep it nearby.
- Do your best to exercise at a level that makes you **a little breathless** to the point where you can still maintain a conversation
- Aim to gradually increase the repetitions (amount), sets (how many times) or length of the exercise given.
- **You must not hold your breath** during strength or core based activity
- Use the Rate of Perceived Exertion (RPE) scale at the back of the programme to record your overall effort score.

Home Programme 1

The following programme includes a variety of strength training exercises to perform at home.

Generally, we recommend a minimum of 2 days between each session.

You should aim to stick with the given **2 x 10 or 30 secs** for each exercise to begin with.

We'd like you to perform **one routine per session**.

Progression would be:

- 1) Increasing the amount of each exercise (e.g. **10 → 15**)
- 2) Increasing the amount of times you do each exercise (e.g. **2 → 3**)
- 3) Moving on to the next routine

All accompanying exercises will have pictures and written explanations however if you are unsure, **please contact the exercise team** who will assist you.

Dumbbells, bottles of water, tins or plastic milk bottles with filled with water can be used as weights (see the back pages for an explanation).

Warm-Up

A good warm up will consist of **10-15 minutes** of gentle walking (in and around your own home – **5-6 minutes**) followed by stretching. Perform **10 of each exercise** either seated or standing.



Upper-body twists



Side raises



Chest stretch



Light march on the spot



Shoulder shrugs



Hip swings

Routine 1 – Easy



Wall Press

- Stand facing the wall, a few steps away
- Place both hands just wider than shoulder width apart
- Bend the elbows and lower your chest as close as possible to the wall
- Push back up off the wall, straightening the elbows

Perform 2 x 10 30-45 secs rest in-between



March on the spot

- Wear comfortable shoes
- Stand tall, looking forward and keep tummy tight
- Keep feet in line with hips and shoulders
- March in place, swinging your arms naturally

Perform 2 x 10 on each leg 30-45



Step Ups - Can be done on a small step or stairs

- Stand tall and feet flat, shoulder width apart
- Face the step and place your right foot firmly on the step
- Step upwards and straighten your leg at the top. Bring other leg up to stand on the step
- Step down carefully behind the step

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Side Steps - Use a door frame or chair for balance

- Stand tall, arms by your side and keep feet together
- If you need to, stand behind a chair with both hands on the back of the chair
- Step out to the side with one leg
- Bring your leg back towards your body at the centre

**Perform 2 x 10 on each leg
30-45 secs rest in-between**



Seated Triceps Dips

- Sit on a firm chair with your arms at your sides slightly bent
- Lift your buttocks off the chair by pushing down with your hands to straighten your elbows
- Gently lower back down into the chair
- To progress, do the exercise on a chair with low and sturdy armrests

Perform 2 x 10 30-45 secs rest in-between

Routine 2 - Medium



Shoulder Press

- Sit on the edge of a chair, keeping your back straight
- Bring your arms up so you have a “L” shape at the elbow joint and keep your wrists in line with your forearms
- Look straight ahead and push your hands upwards so the arms straighten
- Slowly return the arms back to the starting position

Perform 2 x 10 on each leg 30-45 secs rest in-between



Stand and Heel-to-toe Walk – Cushion for support

- Stand in front of the chair with feet shoulder width apart
- Arms crossed and level with shoulders
- Look straight ahead, push your hips back and bend your knees to lower to almost sit down
- Push through your legs and feet and push upwards
- Once stood, walk forwards with your heels-to-toe holding something for support (e.g. a kitchen work counter top) and walk back to the chair
- Slowly lower yourself back into the chair (rest for 30-45 seconds if needed)

Repeat this 2 x 5 times 30-45 secs rest in-between

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Standing Knee Raises - Use a door frame or chair that you can put both arms on

- Stand tall, looking forward and keep tummy tight. Let your arms hang freely by your side
- Raise your knee up to hip height, tap your opposite hand to your knee and hold for a second or two
- Gently lower and repeat on other leg

Perform 2 x 10 30-45 secs rest in-between



Seated Chest Press

- Sit on a chair and hold weights in your hands
- Push forward, arms straight, keeping your elbows close to you
- Bring hands back to the chest and repeat

Perform 2 x 10 30-45 secs rest in-between



Half Squat

- Stand in front of a chair/counter and hold onto it
- Keep back straight, slowly lower your body down without leaning forward and keeping your heels in contact with the ground at all times

Perform 2 x 10 30-45 secs rest in-between

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Cool down

A good cool down will consist of **5-10 minutes** of gentle pulse lowering activity in the form of light walking (in and around your own home) and stretching. Complete at 'half the pace' of the warm up activities. Complete all exercise for 30-40 seconds with the inclusion of a **5 minute** slow walk.

Heel to Toe Walk



Spine Twists



Thigh Stretch



Shoulder Rotations



Calf Stretch



Side Bend



Appendix 1 – Rating of Perceived Exertion Scale (RPE)

6	No Exertion
7	
8	
9	Very Light
10	
11	Light
12	
13	Somewhat Hard
14	
15	Hard (Heavy)
16	
17	Very Hard
18	
19	
20	Maximal Exertion

Appendix 2 – Home Weights



Mostly for those who are lifting weights for the first time, **tinned foods** provide a gentle resistance. They allow for a safe and comfortable grip for the user.

You can also use water bottles. Fill them with **water** or **sand** for a **heavier weight**. However, make sure that if you are using two, that both bottles are evenly filled!



You can use 4L milk bottles as another weight progression. Fill a **clean** and **empty** milk bottle. Make sure that the bottle has a handle and that it is a weight that you can lift comfortably.

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Demonstrations sourced from hep.physiotec.ca

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