

Patient Information

Cardiac Services

Transcatheter Aortic Valve Implantation (TAVI) Exercise booklet

Introduction

This booklet has been given to you after your TAVI procedure. It includes some light exercises to do at home during your recovery. Mostly, this programme focuses on improving your general mobility and muscular strengthening post hospital stay. It would be good to start this programme after a few days of being home.

You may find these exercises challenging especially if you are new to exercise altogether. Please read each description carefully before you begin your exercise. Please let us know of any joint or muscular problems you have before you start the programme.

Important

You should try to perform the warm up **and** either the sitting **or** sitting/standing programme (depending on your capability) at least **twice a week** to help your recovery. The whole programme should take around **1 hour** to complete.

When you aren't performing this programme at home it is a good idea to try and go outside for walks where possible. At first you may wish to begin with **5-10 minutes** but we advise that you gradually increase this as and when you are able to.

To see how hard you are working, a **Rating of Perceived Exertion (RPE) scale** has been provided at the back of this booklet with a target range of **11-14 or "somewhat hard"**.



Before beginning please read the following health and safety advice:

- Always do a thorough **warm-up (10-15mins)** and **cool-down (10mins)**
- Make sure that you carry your Glyceryl Trinitrate (**GTN**) spray if you have one 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
- **You must not hold your breath** during strength or core based activity
- We recommend having a rest day or two between each routine you do in a week
- You must only complete **one programme at a time**, do not complete more than one routine in one session
- If you begin to feel unwell during this programme, stop immediately and seek medical advice where necessary.
- If you are diabetic, please avoid exercising at peak insulin times.

If you are at all concerned about performing this home exercise programme please contact us so that we can discuss other options.

Contact information

Lauren Deegan (TAVI Nurse)

UHCW NHS Trust, Clifford Bridge Road, Coventry, CV2 2DX

Coventry Cardiac Rehabilitation

Atrium Health, Centre for Exercise and Health, Watch Close, Coventry, CV1 3LN

Tel: 02476 234 570



Rugby Cardiac Rehabilitation

Cardiac Rehabilitation Department, Rainsbrook Wing, Hospital of St Cross, Barby Road, Rugby, CV22 5PX





Tel: 01788 663 463

Warm up

You should perform a warm up before you begin your exercise for approximately **10 minutes**. These exercises should allow you to gently mobilise your joints and slowly increase your heart rate ready for exercise.




<p>1) Heel and toe raises</p> <p>Sitting on a chair lift your heels up off the floor, lower and then lift your toes up towards your knees.</p> <p>Try 12 of each.</p>	
<p>2) Leg stretch</p> <p>Sitting on a chair, put one leg out in front of you with your heel on the floor and lean forwards to feel a stretch down the back of your leg.</p> <p>Try 6 of these on each leg, hold for 3 seconds.</p>	
<p>3) Shoulder shrugs</p> <p>Sitting or standing, shrug your shoulders up to your ears and lower slowly.</p> <p>Try 12 of these.</p>	

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<p>4) Downwards stretch</p> <p>Place your hands interlocked behind your back and push downwards to feel a stretch across your shoulders.</p> <p>Try 6 of these, hold for 3 seconds.</p>	
<p>5) Backwards shoulder rolls</p> <p>Sitting or standing, lift and roll your shoulders backwards.</p> <p>Try 12 of these.</p>	
<p>6) Chest stretch</p> <p>Standing next to a wall, place your hand level with your chest and take a small step forwards to feel a pull across the front of your chest</p> <p>Try 6 of these on each arm, hold for 3 seconds.</p>	
<p>7) Slow march on the spot</p> <p>Lift your legs as if you were going for a walk slowly and swing the opposite arm to leg as you march.</p> <p>Try 30 seconds.</p>	

Sitting programme

This programme of **7 exercises should be repeated 2-3 times in one session** to gain exercise benefits. In total, this programme should take you approximately **30 – 45 minutes** to complete. If you have any problems with these exercises, please mark them and discuss with your nurse or exercise physiologist.

<p>1) Shoulder blade squeeze</p> <p>Sitting upright on a chair, lift your arms up out to the side and squeeze the shoulder blades together.</p> <p>Try 12 of these, hold for 3 seconds.</p>	
<p>2) Hip abduction</p> <p>Sitting back on a chair, lift and spread your legs out to the sides, you should feel a squeeze on the outside of your hips.</p> <p>Try 12 of these.</p>	
<p>3) Knee raises</p> <p>Sitting upright on a chair with your arms folded across your chest; lift the knee up at the hip to feel a squeeze in your groin.</p> <p>Try 12 of these on each leg.</p>	

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4) Torso twists

Sitting upright on a chair with your arms folded across your chest, twist around to look over your left shoulder and then twist back to the middle, repeat towards the right shoulder.

Try 12 of these.



5) Arm raises

Sitting on a chair, lift one arm up as high as you can to try and touch the ceiling.

Try 12 of these on each arm.



6) Arm paddle

Sitting slightly forwards on a chair, lift both arms so they are level with your chest, paddle up and down.

Try 30 seconds.



7) Upwards wood chop


Sitting on the edge of a chair, place both hands in a fist at hip height, swing upwards like a golf swing.

Try 12 on each side.



Sitting and standing programme

This programme of **7 exercises should be repeated 2-3 times in one session** to gain exercise benefits. In total, this programme should take you approximately **30 – 45 minutes** to complete. If you have any problems with these exercises, please mark them and discuss with your nurse or exercise physiologist.

<p>1) March on the spot with torso twist</p> <p>Standing with your arms across your chest and march on the spot. Slowly twist around to either side.</p> <p>*note: if you have poor balance, please hold on to the back of a chair with one hand.</p> <p>Try 30 seconds.</p>	
<p>2) Leg swings</p> <p>Standing holding on to a chair, swing one leg forwards and backwards</p> <p>Try 12 on each leg.</p>	
<p>3) Sit to stand</p> <p>Sitting on the edge of a chair, try to stand up without using your arms to help, slowly return to sitting.</p> <p>Try 12 of these.</p>	

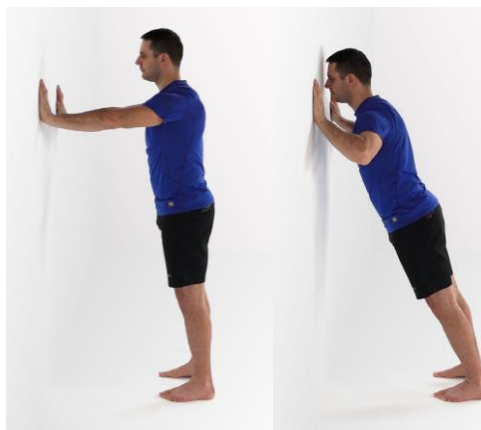
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4) Wall push up

Stand facing a wall, take a step backwards with your hands placed on the wall at chest height, slowly lower yourself towards the wall and push back against it until your arms are straight.

***note: the further away your feet are from the wall, the harder it will be.**

Try 12 of these.



5) Chair sit ups

Sitting on the edge of a chair with your arms across your chest, slowly lean back and try to sit back upright in the chair holding your tummy tight.

***note: don't hold your breath!**

Try 12 of these.



6) Lateral raises

Standing upright, lift both arms up out to the sides until you reach shoulder level, slowly lower back down to your sides.

Try 12 of these.



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7) Modified triceps extension

Sitting on a hard chair, push down against the chair to lift yourself off it, slowly lower back down by bending your elbows.

Try 12 of these.



Cool Down

The cool down process is just as important as the warm up after exercise. If you were to suddenly stop after exercise you may feel a little dizzy or lightheaded. It is therefore a good idea to slowly bring your heart rate back down by doing the following. In total the cool down period should last approximately **5-10 minutes**.

- Slowly marching on the spot sitting or standing or going for a slow walk around your home
- Control and slow down your breathing to help lower your heart rate
- Perform some of the warm up stretches at a lower intensity to loosen off your muscles.

Progression

When you feel as though these exercises are getting a little too easy you can progress in a few ways:

- Increase the number of circuits you do, e.g. if you do the sitting programme twice in one session, try doing it three times.
- Increase the amount of repetitions you do, e.g. if you do 12 sit to stands, try 15.
- Add a weighted object into your exercise, e.g. hold a bag of potatoes when doing your upwards wood chop.

RPE Scale

The RPE scale how much effort and how tired you feel. If you imagine 6 being sat down doing absolutely nothing and 20 being maximal effort as if you were running from an animal chasing you.

- Consider how your legs and arms feel; are they aching a little or a lot?
- Consider your breathing, are you slightly breathless so that you could still talk or are you so out of breath that you can't form a sentence?
- The highlighted range is where we would ideally like you to be exercising, it is ok to be slightly under or over this range, it just means you need to tailor your exercise to do a little less or more next time.

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

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The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact the team on 02476 234 570 or 01788 663 463 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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