

Patient Information

Cardiac Services

Cardiac Rehabilitation Home Programme 2

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 RPE scale at the back of the programme to record your overall effort score

Home Programme 2

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).

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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 movement-based 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



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 secs rest in-between**



Chair Sit to Stand – Cushion for support

- Stand in front of the chair with feet shoulder width apart. Arms crossed or stretched for balance
 - Look straight ahead, push your hips back and bend your knees to lower into the chair
 - Aim to lightly sit on the chair
 - Keep your posture, push through your heels and stand up again
- Perform 2 x 10, 30-45 secs rest in-between**



Punch-outs

- Standing upright with feet a shoulders width apart
 - Push your arms out straight in front of your chest alternating arms
- Perform 2 x 10, 30-45 secs rest in-between**



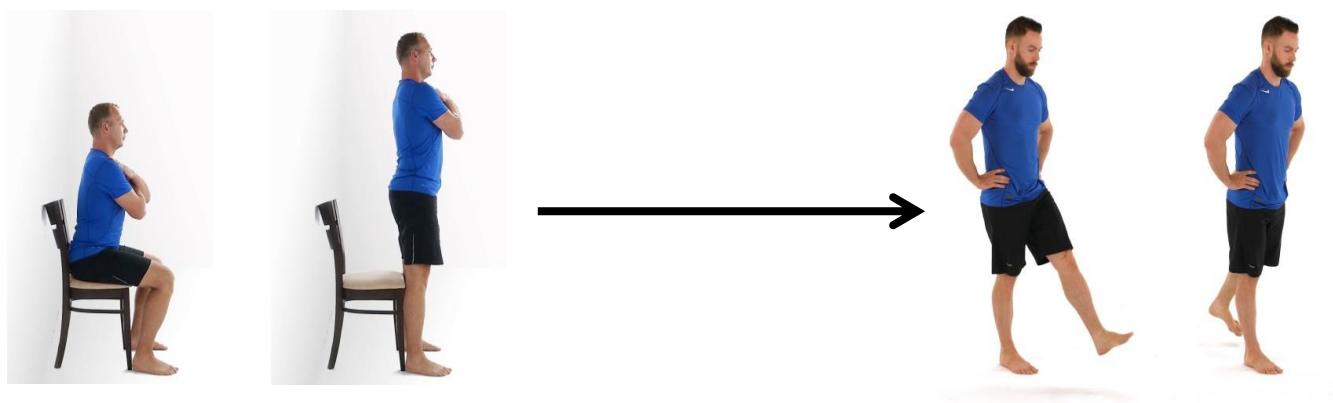
Leg Straighten & Hold

- Sit with your back rested firmly against a chair
 - Keeping one knee bent, slowly straighten the opposite knee until the leg is extended
 - Hold in that position and squeeze your upper thigh muscle
 - Hold for 3-4 seconds
- Perform 2 x 10 on each leg, 30-45 secs rest in-between**

Leg Swings - Use a door frame or chair for support

- Stand tall, by the side of a chair holding on with one hand
 - Swing the leg furthest away from the chair forwards and back in control
 - Do not rock back and forth. Let all of the movement come from your hip
- Turn slowly and perform 2 x 10 (Each Leg), 30-45 secs rest in-between**

Routine 2 – Harder



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**



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**

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Leg Kick Backs

- Use a stable object that isn't going to move and place your hands on it a shoulder width apart
- One foot at a time kick your leg backwards and up then bring back to the start position, alternating legs

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



Calf Raises

- Stand tall and feet flat
- Face the back rest of a chair and hold your arms outwards for support
- Focus on lifting your heels up pushing down on your tip toes
- Hold for 3-4 seconds

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



Wall Press

- Stand an arm's length away from the wall with your hands a shoulder width apart
- Whilst keeping a straight back bend your arms so you move towards the wall
- Then push back to straighten your arms to start position

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 – Rate 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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The Trust operates a smoke free policy

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

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