

Cardiac Services

Cardiac Rehabilitation Upper Body Programme

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 at home **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**



Patient Information

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 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**

Eventually this can be progressed, either by the amount of repetitions you do i.e. **2 x 10 → 2 x 15 or** the duration of the exercise i.e. **30 secs → 60 secs and/or** to increase the amount of times you do a circuit **1-2 → 2-3 rounds**

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



Standing Row



Shoulder shrugs



Alternate Front Raise

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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



Upright Row

- Stand holding a weight in each hand
- Keep your back straight, tummy tight, chin tucked in and knees slightly bent
- Raise your elbows at shoulder level with your hands together in front of your chest
- Slowly return to the initial position and repeat

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



Upwards Wood Chop

- Start with hands clasped in a "down" position as shown
-
- Rotate your hands up with your arms extended across your body to the opposite side
- Eyes should follow hands at all times
- Bring your hands back to the starting position

Perform 2 x 10 (each way), 30-45 secs rest in-between

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Reverse Fly

- This can be done with a resistance band or light weights.
 - Keeping your arms as straight as you can, shoulders down, chin tucked in and tummy tight, pull your hands backwards as far as possible by squeezing your shoulder blades together
 - Slowly return to the initial position
- Perform 2 x 10 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 with your elbows straight
 - 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



Counter Top Push-Up

- Stand facing the counter top, a few feet away
- Place both hands just wider than shoulder width apart
- Bend at the elbows and lower your chest as close as possible to the counter top
- Push back up, straightening the elbows but not leaving them locked.

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



Bent Over Row

- Stand with your hips slightly bent and hold weights in your hands
- With your shoulders down and back, lift your arms up and then back in a sawing motion
- Return to the starting position

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

Patient Information



Bicep Curls

- Sit on the edge of a chair, keeping your back straight
 - Start with your arms straight, down the side of your body
 - Looking forwards, keep your elbows tight to your side (like you have a towel under them) and raise them up toward the chest
 - Pause slightly for 1-2 seconds and slowly lower down towards your side keeping the elbows in
- Perform 2 x 10 (each arm) 30-45 secs rest in-between.**



Triceps Kickback

- Standing forwards with one leg in front of the other, lean forwards keeping your back straight (use a chair to lean on)
 - Start with your arm bent, then straighten the arm so it is parallel to the floor
 - Slowly lower to the starting position keeping the elbows in
- Perform 2 x 10 (each arm) 30-45 secs rest in-between.**

Shoulder Press

- Sit on the edge of a chair and keep 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. Push your hands upwards so the arms straighten and slowly return the arms back to the starting position
- Perform 2 x 10 on each leg 30-45 secs rest in-between.**



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.

Patient Information

Multi-Specialist Rehabilitation Team

Jack Hayward, Richard Powell, Becky Evans, Jon Prosser, Lee Tompkins, Ben Morley, Oli Fiassam, Nathan Davenport & Kirsty Barsby.

University Hospital Coventry & Warwickshire NHS Trust

Cardiac & Pulmonary Rehabilitation

Centre for Exercise & Health

Watch Close, Coventry CV1 3LN

Tel: 02476 234 570

Rugby St Cross Hospital

Cardiac Rehabilitation Department

Rainsbrook Wing, Hospital of St Cross, Rugby, CV22 5PX

Telephone: 01788 663463

Demonstrations sourced from hep.physiotec.ca

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 and we will do our best to meet your needs.

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Document History

Department:	Cardiac Services
Contact:	24570
Updated:	November 2024
Review:	November 2027
Version:	2
Reference:	HIC/LFT/2463/21

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