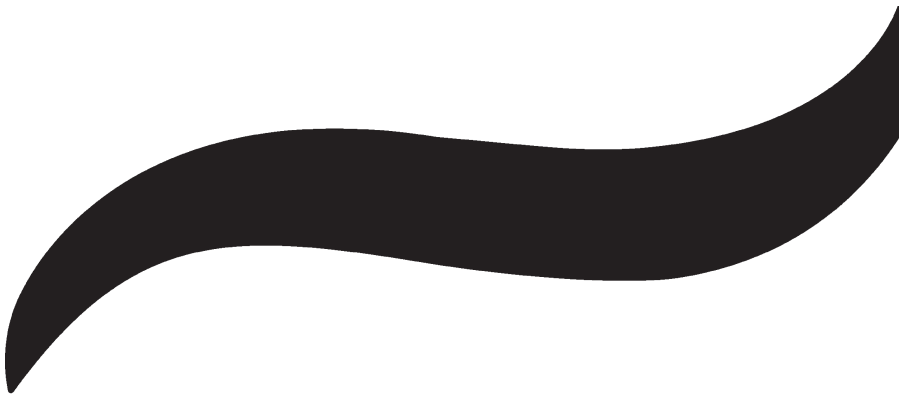




COPD

Pulmonary Rehabilitation during an Exacerbation

Information for patients
Physiotherapy Department



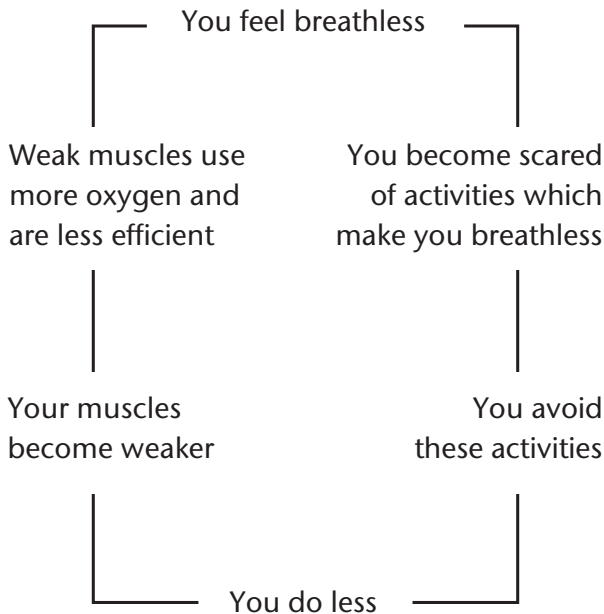
WHAT IS AN EXACERBATION

An exacerbation is a flare up of your chest condition. When you have a flare up you may not feel well enough to do as much as normal. This can affect your fitness levels making it harder for you to get about and carry out your daily business.

You may need to rest but try not to take to your bed and stay as active as possible, even if you are in hospital.

BENEFITS OF EXERCISE

Exercise can boost your immune system helping your body to fight infection and it also strengthens your muscles making it easier to do your normal activities.



HOW HARD SHOULD I WORK ?

It is not harmful to get out of breath

- ❖ If you can't speak you are working too hard!
- ❖ If you can say a sentence with one or two stops that's about right.

DO NOT START

- ❖ if you feel chest pain, dizziness, very wheezy, increased pain or abnormally tired

STOP

- ❖ If you are unable to talk in sentences or feel unwell

FREQUENCY

To start with it's better to exercise little and often.

Short but frequent bouts of exercise maybe easier for you .

- ❖ Repeat each exercise five times
- ❖ If this is too difficult, do three.
- ❖ If it is too easy add two!

If any exercise causes you a problems, STOP.

if you are steady enough you can progress exercises 1-3 from sitting to standing.

EXERCISES

1.) Shoulder Circles -

roll your shoulders forward in a circle then roll your them backwards in a circle. Do whilst sitting, or you can progress to standing.



2.) Bicep Curls -

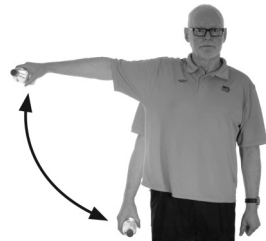
do whilst sitting then progress to standing.

Hold a small bottle of water and slowly bend and straighten your elbows.



3.) Arm raises to the side -

Sit or stand for this exercise. Hold a light weight, start with your hands by your side, lift away from your side up to shoulder level.



4.) Leg Extensions -

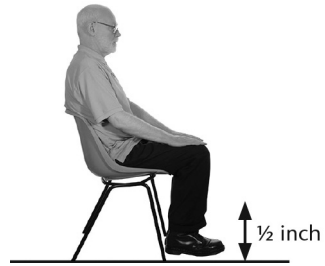
in a sitting position.

Slowly straighten your knee, hold for a count of three and relax.



5.) Mini Knee lifts -

Sit up straight in your chair, feet flat on the floor and place your hands on your knees. Lift one foot ½ inch off the floor then slowly replace it. Repeat with the other foot. This will work your back and tummy muscles.



6.) Sit to stand -

Begin sitting towards the edge of your chair and lean forward: stand up slowly then sit back down carefully, keep your feet on the floor at all times.



7.) Walking -

few minutes every hour and gradually build this up as able.



Be careful if you have any drips or drains and don't walk so far that you have no puff to get back.

PULMONARY REHABILITATION

Pulmonary Rehabilitation is an education, self management programme designed for people with Chronic Obstructive Pulmonary Disease (COPD).

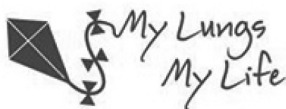
It aims to:

- ❖ Improve your level of activity
- ❖ Improve your knowledge and understanding of your condition
- ❖ Improve your ability to control your breathlessness
- ❖ Strengthen muscle groups

Classes are held at various locations within Lanarkshire where a physiotherapist and another multidisciplinary team member will be present at every class to supervise and advise.

You can access this service via your GP, Hospital Consultant, Physiotherapist, Respiratory Nurse Specialist, Practice Nurse or any other appropriate Health care professional involved in your care.

My Lungs My Life is the self management site website for people living with COPD, Adults with Asthma and parents of children with Asthma. www.mylungsmylife.org



Patient Respiratory Self-Management Toolkit

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