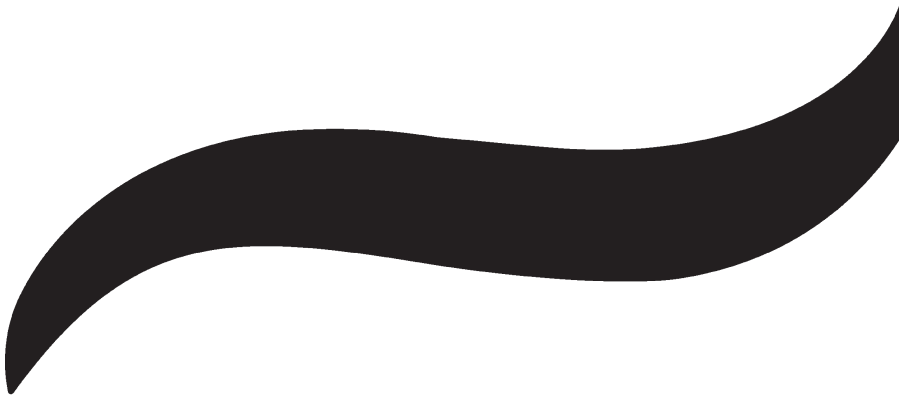




# Exercise and COPD

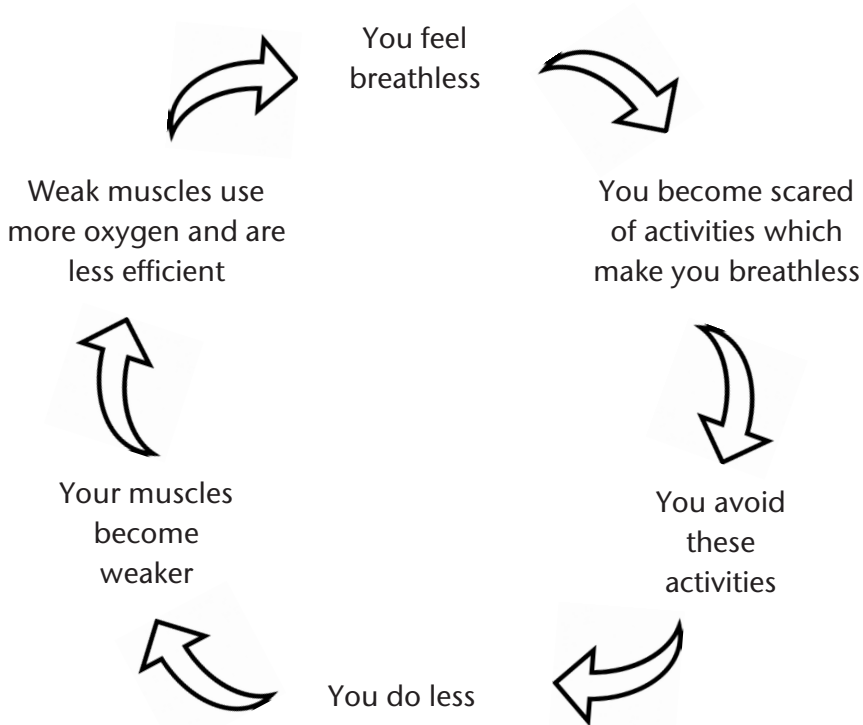
Information and Exercise Diary for Patients  
Physiotherapy Department



## EXERCISE AND COPD

Exercise has been proven to have many benefits for people with breathing problems. It will allow you to be able to do more without feeling as breathless and can allow you to do things you may have not managed for a while.

### WHY INACTIVITY MAKES ME WORSE



In order to break this cycle you need to do more physical activity. It is not harmful to become out of breath when doing physical activity, it is normal.

## BENEFITS OF EXERCISE

<u>Exercise improves</u>	<u>Exercise reduces</u>
<ul style="list-style-type: none"><li>❖ Muscle strength (including breathing and heart muscles)</li><li>❖ Bone strength</li><li>❖ Flexibility and joint mobility</li><li>❖ Stamina and energy levels</li><li>❖ Immunity - your ability to fight infections is improved</li><li>❖ General feeling of wellbeing and ability to socialise</li></ul>	<ul style="list-style-type: none"><li>❖ Shortness of breath when being active</li><li>❖ Anxiety and depression levels</li><li>❖ Fatigue and tiredness</li></ul>

## HOW OFTEN SHOULD I EXERCISE?

It is recommended that everyone should do some aerobic exercise five days a week. You can build this into your daily routine.

There are many different ways to exercise including:

Walking the dog

Walking to the  
local shops

Climbing stairs

An exercise class

Gardening and  
housework

Doing the exercises  
in this diary

Swimming or  
aqua aerobics

Getting off the bus  
one stop early

We also recommend that you do strengthening exercises three times per week.

## **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 EXERCISING**

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 may be 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 problems – STOP.

## **PROGRESSIONS**

Most exercises can be made easier or harder. In this booklet there are suggested easier or harder options for you if you feel that an exercise is either too easy or too difficult for you.

## EXERCISE PROGRAMME

Every exercise programme has three phases:

- ❖ Warm up
- ❖ Main exercise component
- ❖ Cool down

## WARM UP

The warm up includes exercises to gradually increase your heart rate (pulse) and should last a minimum of five minutes. You can do it either sitting or standing, whichever is more manageable. Towards the end of the warm up you should feel slightly out of breath and warmer.

## SHOULDER CIRCLES

- ❖ Keeping your arms by your side
- ❖ slowly move your shoulders
- ❖ round in a circle forwards
- ❖ then backwards



# TRUNK TWISTS

- ❖ Sit or stand with your arms folded
- ❖ Keep your hips facing forwards
- ❖ From the waist, turn your upper body round to the right
- ❖ Return to the centre then repeat to the left side



# KNEE LIFTS

- ❖ Slowly lift one knee up to hip height then lower it again
- ❖ Repeat with the other leg

**Easier option** – lift the knees only a little, keep the pace down.

**Progression** – lift the knees higher, increase the pace and/or add some arm swings



## HEEL DIGS FORWARD

- ❖ Tap one heel in front of you then bring it back beside your other foot
- ❖ Repeat with the other leg

**Easier option** – smaller movements and keep the pace down.

**Progression** – bigger movements, increase the pace and/or add some arm swings.

## TOE TAPS BEHIND

- ❖ Behind you, tap your toes on the floor
- ❖ Bring your feet back together
- ❖ Repeat with the other foot

**Easier option** – smaller movements and keep the pace down.

**Progression** – bigger movements, increase the pace and/or add some arm bends.



# MAIN EXERCISE COMPONENT

## Strengthening exercises

- ❖ It is important that you work hard enough to get your muscles stronger
- ❖ Each exercise is done in sets of 10
- ❖ Build up to a maximum of three sets of 10
- ❖ Rest for about a minute between sets
- ❖ Once you can do three sets of 10 easily you should use the progressions listed under each exercise

## KNEE EXTENSION

- ❖ Sitting on a chair, straighten one leg out in front of you, pause then lower your leg
- ❖ Repeat with the same leg
- ❖ Then repeat with the other leg

### Progression

- ❖ Add an ankle weight
- ❖ Perform the exercise more slowly







## BICEP CURLS

- ❖ Begin with your arms by your side
- ❖ Hold weights with your palms facing upwards
- ❖ Bend one elbow, bringing the weight up towards your shoulder
- ❖ Slowly lower it again
- ❖ Repeat with your other arm

**Easier option** – sit down and rest your elbow on a table.

**Progression** – increase weight or use both arms at the same time.

## HEEL RAISES

- ❖ Hold onto something for balance
- ❖ Slowly rise up onto your tip toes
- ❖ Then slowly lower down again

### Progression

- ❖ Stand on tip toes for longer
- ❖ Lower down very slowly
- ❖ Stand on one leg at a time
- ❖ Reduce the amount of support you take from your hands



## SIT TO STAND

- ❖ Sit at the front of your chair
- ❖ Stand up slowly, wait a second then sit down slowly

### Progression

- ❖ Make it even slower
- ❖ Hold weights close to your chest as you do the exercise
- ❖ Use a lower chair
- ❖ As you lower down, don't sit down fully before you stand up again



## WALL PRESS

- ❖ Stand about a foot away from a wall
- ❖ Place your hands on the wall at shoulder height
- ❖ Bend your elbows and lean closer to the wall
- ❖ Push back to starting position

### Progression

- ❖ Stand further away from the wall or go up on tip toes



## SQUATS

- ❖ Stand with your back against the wall
- ❖ Move your feet forward about a foot from the wall
- ❖ Slowly bend your knees as far as you feel comfortable and slide your back down the wall
- ❖ Then straighten your knees and return to the starting position



## STEP-UPS

- ❖ Stand in front of a step
- ❖ Step onto the step with one foot then bring the other foot up to join it
- ❖ Step back down again
- ❖ Repeat

### Progression

Increase the height of the step or your speed.



## ARM RAISE TO THE SIDE

- ❖ Hold a weight in each hand
- ❖ Put your arms by your side
- ❖ Lift your arms out to the side to shoulder height
- ❖ Slowly lower your arms to your sides

**Easier option** – lift one arm at a time

**Progression** – increase the weight you are using



## COOL DOWN

This allows your heart rate to gradually return to normal. A good way to cool down is to walk slowly around the room or very gentle marching on the spot. It should last about two minutes.

## WALKING

Walking is an essential part of your exercise programme.

It can be done:

- ❖ Outdoors
- ❖ as part of your normal activities e.g walking to buy paper or walking the dog
- ❖ a planned 'training' walk
- ❖ Indoors
- ❖ Marching on the spot
- ❖ Walking between two places in your home

## WALKING TIPS

Do:

- ❖ Take your reliever inhaler with you
- ❖ Walk until you feel moderately breathless
- ❖ Increase the walking time gradually
- ❖ Drink plenty of water before during and after walking
- ❖ Keep a record in this booklet

Don't:

- ❖ Walk on hills or slopes if they make you extremely short of breath
- ❖ Stop suddenly. Instead reduce your speed gradually to cool down
- ❖ Walk until you feel 'ready to drop'
- ❖ Record a stroll round the shops as a 'training' walk, you need to be walking briskly for it to count

# HOME EXERCISE RECORD

Use this table to record your exercises each week. You can add your own activities at the bottom of the table.

Activity	Date	Date	Date	Date	Date	Date
Warm up						
Knee extension						
Biceps						
Heel raises						
Sit to stand						
Wall press						
Squat						
Step ups						
Arm raise						
Cool down						

If you need extra copies of this table either photocopy this page or download it free of charge from [www.blgifts.com](http://www.blgifts.com)

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# WALKING RECORD

Use this table to record the number of minutes you spend walking each day.

	Date	Minutes of walking		Date	Minutes of walking
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
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Monday			Monday		
Tuesday			Tuesday		
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Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

## **USEFUL CONTACTS**

### **British Lung foundation**

[www.blf.org.uk/Home](http://www.blf.org.uk/Home)

Helpline 0300 0030555

### **Chest heart and Stroke**

[www.chss.org.uk](http://www.chss.org.uk)

0845 077 6000

### **My Lungs My Life**

[www.mylungsmylife.org](http://www.mylungsmylife.org)

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