

Patient Information

Higher Intensity Rehabilitation Exercises

These exercises have been designed to challenge your heart and lungs (cardiorespiratory system). It is likely that after your illness, this system has lost fitness or muscle tone (deconditioned) and needs to be exercised to become strong and healthy again.

Please familiarise yourself with the Borg Scale below before attempting to do these exercises. You should aim for a rating of 3-5 on the Borg Scale when completing these exercises, and when you reach this level try and maintain the exercise for as long as possible at this level.

When you no longer can keep your breathing at this level, stop until you have caught your breath back (BORG 2) before beginning the next exercise. Try and build up the length of time you do each exercise every day even if only by a couple of seconds.

Modified Borg scale

0. Not short of breath
1. Very slightly breathless
2. Slightly breathless
- 3. Moderately breathless**
- 4. Some what severely breathless**
- 5. Severely breathless**
- 6.
7. Very severely breathless
- 8.
9. Very very severely breathless
10. Maximal

Wall Press

- Straighten up through your spine and look straight ahead
- Keep your body straight like a plank
- Bring yourself in towards the wall then push yourself out again
- To make it harder, speed up the movement or stand further away from the wall

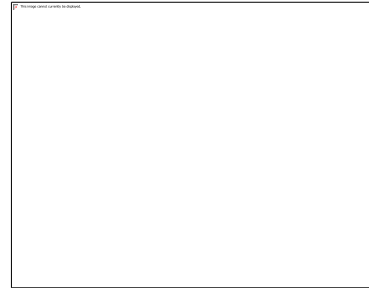




Higher Intensity Rehabilitation Exercises

Seated/ Standing Arm Punches

- Straighten up through your spine and look straight ahead,
- Keep your shoulders relaxed,
- Alternately straighten your arms out in front of you,
- To make it harder, speed up the movement.



Arms up and Over with side steps

- Step from side to side, making sure you bring your feet together in the middle,
- At the same time, lift your arms out to the side and above your head if you can manage it.

Squats

- Keep your back straight and feet apart, make sure your feet are facing forward
- Dip down, bending slightly at the knees
- Squeeze your buttocks and straighten back up



Sit to stand

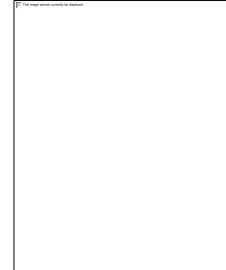
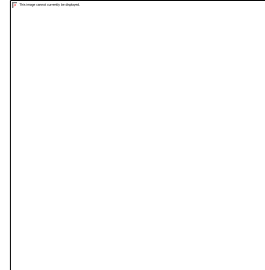
- Sit to stand with hand weight if available (bottle of water/tins)
- Push up from the chair if you need to.
- Remember; nose over toes
- Straighten up through your spine to a full stand
- Slowly sit back down, reaching back for the arms of the chair



Higher Intensity Rehabilitation Exercises

Heel raises with high knee lifts

- Keep your spine straight,
- Alternate x10 heel raises with x10 knee lifts
- To challenge yourself, hold weights and speed up



Walking/ marching on the spot

- Try and be up on your feet for at least 10 minutes every hour either walking around the ward or marching on the spot if you are in a side room or have attachments. (any IV drip/catheters limiting your mobility)

For further information please discuss with your ward Physiotherapist or call the office on 01793 605126 Monday to Friday 8:00-16:30, this has an answerphone service if the office is unmanned.

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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