

## Low 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 loss of fitness or muscle tone (deconditioned) and needs to be challenged 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                  |
| <b>3.</b> | <b>Moderately breathless</b>         |
| <b>4.</b> | <b>Some what severely breathless</b> |
| <b>5.</b> | <b>Severely breathless</b>           |
| 6.        |                                      |
| 7.        | Very severely breathless             |
| 8.        |                                      |
| 9.        | Very very severely breathless        |
| 10.       | Maximal                              |



### **Seated Marching**

- Straighten up through your spine and look straight ahead
- Keep your shoulders relaxed
- Alternate marching, lifting your knees towards the ceiling
- To make it harder, swing your arms at the same time

# Low Intensity Rehab Exercises

## Seated 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

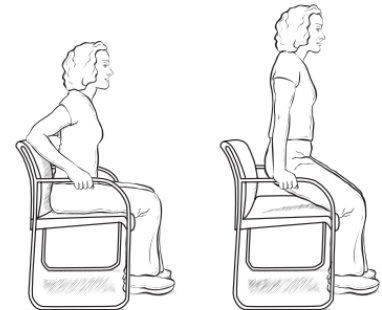


## Seated bicep curls

- Straighten up through your spine and look straight ahead
- Keep your shoulders relaxed
- Keeping your elbows back and tucked into your body, raise the weights (or closed fists) towards your shoulders and slowly back down.

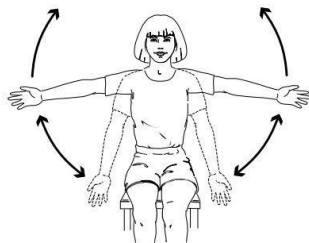
## Seated arm press

- Straighten up through your spine and look straight ahead
- Keep your shoulders relaxed and your feet on the floor
- Push up with your arms to lift your bottom off the chair (as if you were trying to stand)
- Slowly lower back down





# Low Intensity Rehab Exercises



## 5) Seated Arm Abductions

- Straighten up through your spine and look straight ahead,
- Keep your shoulders relaxed,
- Straighten your arms out to the side, as if you are going to do a star jump/jumping jack
- To make it harder, speed up the movement.

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](mailto:gwh.pals@nhs.net)**

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