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Division: Diagnostic and Therapeutic



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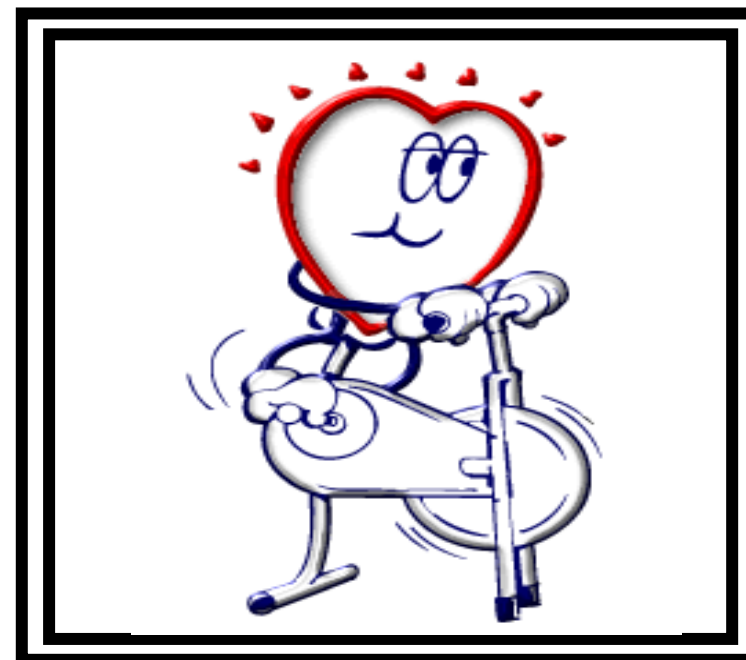
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If you have any queries or concerns please do not hesitate to contact us.

Version 6

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Cardiac Rehabilitation

Exercise Programme

Handbook

Start Date:

Day:

Time:



Further Information

We would recommend the following website and organisations for information regarding Coronary Heart Disease.

- ♥ The British Heart Foundation— www.bhf.org.uk
- ♥ British Hypertension Society—www.hyp.ac.uk/bhs/
- ♥ British Cardiac Society—www.bcs.com
- ♥ Cardiomyopathy Society—wwwcardiomyopathy.org/
- ♥ American Heart Association—
www.americanheart.org/
- ♥ NHS Direct www.nhsdirect.uk

There is also a bi-monthly magazine published by the British Heart Foundation that you can subscribe to by contacting the BHF on 0207 486 5820

References

American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) (2007) www.americanheart.org

American College of Sports Medicine Guidelines (2006)
www.acsm.org

Association of Chartered Physiotherapist in Cardiac Rehabilitation (ACPICR) peer review (2008) www.acpicr.org.uk

British Association of Cardiac Rehabilitation (BACR) Standards and core components (2012) www.bcs.org.uk

MI: secondary prevention. National Institute for Health and Clinical Excellence. (2007) www.nice.org.uk

The Benefits of Exercise

Exercise has many benefits and can have a positive effect on a number of health problems. Regular physical activity helps to manage problems such as high blood pressure, stress and anxiety, type II diabetes and respiratory disease.

Being physically active can have a very positive effect on lowering your risk for coronary heart disease. View it as part of a bigger picture as looking after your diet and managing your diabetes will all reduce your risk for coronary artery disease.

You should find that at the end of the exercise programme (8 weeks) you are able to do more or that doing the same task is much easier than it was before you began the exercise programme.

If you have angina you may find that you are able to work harder and have less frequent angina as you get fitter.

When you exercise you may also notice that you feel really “good” when you have exercised due to the release of endorphins (hormones) when you exercise.

Over the course of the programme we would expect you to learn, with our help, how much you can do and what intensity you are able to work at, this should help you to feel confident to continue to exercise independently.

Finally you may also notice that your muscles get stronger and you may have more flexibility as a consequence of regular exercise.

Your Exercise Targets

Personal notes

You should be aiming to exercise for a minimum of **5 times per week**.

You need to **warm up for 12-15** minutes before you do your conditioning set.

You should aim to do a **20—30 minute** conditioning set after your warm up.

You need to **cool down for 10 minutes** once you have done your conditioning set.

During the conditioning component of the programme you should be working at a moderate intensity, this means that you should be feeling a little out of breath but still able to talk in a full sentence.

The type of exercise that you will mainly be doing during your supervised cardiac rehabilitation programme will be cardiovascular exercise as this is the type of exercise which will have a direct impact on your cardiac risk .

Frequency = 5+ times per week

Intensity = breathless but so you can talk in a sentence

Time = 30 minutes for the condition set

Type = cardiovascular (makes you breathless)

BORG - RATING OF PERCIEVED EXERTION SCALE

We want you to be able to rate your exertion/breathlessness and we use the Borg scale (see below) in the classes.

PLEASE USE THIS SCALE TO INDICATE YOUR OVERALL FEELING OF EXERTION

6	NO EXERTION AT ALL	
7		
7½	EXTREMELY LIGHT	
8		
9	VERY LIGHT	“very light”
10		
11	LIGHT	
12		
13	SOMEWHAT HARD	“ok to continue”
14		
15	HARD	“its hard to continue”
16		
17	VERY HARD	
18		
19	EXTREMELY HARD	
20	MAXIMAL EXERTION	

Do's and Don'ts of Exercising

Please wear **suitable clothing** to exercise in. We recommend that you wear a t shirt/polo shirt, tracksuit bottoms or shorts and training shoes. If you do not own training shoes then light weight rubber soled lace up shoes are the most suitable for the gym. For ladies we also recommend a well fitting sports or supportive bra for your comfort.

Please come with an extra layer such as a sweatshirt so that you are able to keep warm once you have completed your exercise session.

The physiotherapy gym is air conditioned at 18°C which is the recommended **temperature** to exercise in, please be aware that the temperature at home may be higher or lower than this. When the weather is very hot or very cold your body has to work much harder to maintain your core temperature. As a consequence of this you may need to reduce the amount of exercise you do on these days.

Please **avoid** eating any substantial meals for at least 2 hours before you exercise. Please do not drink alcohol before you exercise .

If you have **diabetes** you need to remember that exercise will have an impact on your blood glucose control and you may need to bring an extra snack with you. If you are in any doubt please discuss this with your physiotherapist. In addition if you have a blood glucose monitoring device please bring this with you so that you can monitor your blood sugars before and after the exercise session so we can ensure that your blood sugar levels are safe for you to go home.

You should NOT exercise if you have any of the following symptoms:

Chest pain at rest

Breathlessness at rest

A temperature

Dizziness

Extreme tiredness or fatigue

Palpitations.

If you are in doubt about any of these symptoms please discuss them with the physiotherapist, if you would prefer you can give us a ring on 0161 922 6617 for advice.

If you have a **heavy cold or a temperature** please do not exercise, if you attend the class we will send you home. If you have been unwell for a week or so and you are now returning to the exercise class you may find that you are not able to do as much as you could before, don't be discouraged this is normal.

If you use a blue **asthma** inhaler please bring it with you to the class and if you have taken it before the class please let your physiotherapist know.

If you would like to change out of your "street clothes" into your gym kit we have **changing rooms** available for your convenience. There are a limited number of lockers in the ladies and gents changing rooms. Please ask the staff for a locker key.

We provide a jug of **water** for patients during the class but if you would prefer to bring your own drink in a sealable bottle please feel free to do so.

You should avoid activities which involve one or more arms being above your head for an extended period of time, particularly if the rest of your body is not moving. Activities that may involve this such as painting a ceiling are best avoided for a few more weeks but you will be able to gradually reintroduce them as you feel stronger.

If arm activities are mainly below shoulder level and are rhythmic then these can actually help to pump the blood back to your heart and help you.

When you are doing your exercises either at home or in the gym we ask you to always keep your feet moving, even slowly, as this helps to keep the blood flowing back to your heart and helps to avoid dizziness.

If you wish to do any **strengthening exercises** we recommend that you do them after you have done 20-30 minutes of cardiovascular exercise from your conditioning set but before you cool down. Initially with any strengthening exercises we suggest that you start with a low weight and higher numbers of repetitions.

If you are doing any weights exercises do not hold your breath at any time as this can reduce the flow of blood back to your heart and lead to you feeling dizzy.

If you have had a **sternotomy** (operation involving cutting your breast bone) you need to wait until at least 3 months after your surgery but we would suggest you speak to your physiotherapist before beginning any exercise.

If you wish to do any **abdominal exercises**, particularly ones that involve lying down we advise that you only do these after you have completed the cool down. This is because they can occasionally make you a bit dizzy.