

Cardiovascular rehabilitation home exercise programme

To get the most benefit from the cardiovascular rehabilitation programme we recommend that you do some form of exercise on the days you are not attending class. You may like to take a brisk walk or do some gardening, or use this sheet to give you some ideas.

Always do the warm-up exercises below first. Then complete the exercises before finishing with the cool down. Before you start to exercise, remember to **enjoy it** and:

- Wear comfortable, loose clothing, make sure the room is not too hot and there is plenty of space to move around in.
- Have some water to drink nearby.
- Wait one hour after eating before you exercise.
- Don't begin to exercise if you feel unwell.
- Don't continue to exercise if you have chest pain, nausea, dizziness, unusual joint pain, become very breathless, or cold and clammy.
- Monitor your levels of exertion. Aim to achieve no more than 13 on the rated perceived exertion (RPE) scale. This means that the exercise should feel 'somewhat hard'.
- **If you are unsure about any exercise or stretch, do not attempt it – ask a member of the team next time you visit.**

Warm up

- March on the spot for **one minute**.
- March on the spot, lifting knees higher, for **one minute**.
- Sideways stepping (step sideways to the left, then to the right) for **one minute**.
- Sideways stepping with bicep curls (bend and straighten elbows) for **one minute**.
- March on the spot while:
 - circling shoulders backwards **five times**
 - looking over each shoulder **five times**
 - interlinking fingers, stretch arms forwards, **hold for 10 seconds**
 - doing heel digs (tap heels alternately on floor in front of you) for **one minute**.
- Heel digs with bicep curls for **one minute**.
- March on the spot whilst punching alternate arms forwards for **one minute**.
- Sideways stepping, raising alternate arms out to your side for **one minute**.

Blue level

Aim to spend one minute on each of the following exercises your physiotherapist has shown you. Any of the arm exercises can be done seated, but keep your feet moving.

- **Sit to stand from a chair** – keeping your back straight, use your hands for support if necessary.
- **Bicep curls** – bend and straighten your arms keeping elbows into your sides. March on the spot at the same time.
- **Sideways stepping** – with your hands on your hips, step sideways to the left then to the right.
- **Side arm raise** – lift one arm out to the side to shoulder level, take it back down to your side then repeat with the other arm. March on the spot whilst doing this exercise.
- **Tap-backs** – hands on hips, lean forwards and tap alternate feet behind you.
- **Upright row** – lift your hands to your chest while keeping elbows bent and out to the sides. Continue to raise your arms up and down while marching on spot.
- **Toe taps on step** – use a door step or the bottom step on your flight of stairs; tap the toes of alternate feet up and down on the bottom step.
- **Press ups against a wall** – place your hands on wall, bend elbows and lean in, then straighten elbows and return to starting position. Keep your back straight.
- **March on the spot.**
- **Arm rowing** – Row your arms forward and back in front of you. March on the spot whilst doing this exercise.

Cool down

Repeat the exercises you used for the warm-up at a gentler pace without adding in the arm exercises – you should aim to keep your legs moving until you have caught your breath and cooled down. The cool-down exercises can be done seated, just keep your feet moving.

Contact us

If you have any questions or concerns please contact the cardiovascular rehabilitation physiotherapist, on 020 7188 0946, 9am–4.30pm, Monday to Friday (answer phone).

Language support services - If you need an interpreter or information about the care you are receiving in the language or format of your choice, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953 **e:** languagesupport@gstt.nhs.uk

Red level

Aim to spend two minutes on each of the following exercises your physiotherapist has shown you:

- **Sit to stand from a chair** – keeping your back straight, use your hands for support if necessary.
- **Bicep curls** – hold a small food tin in each hand, alternately bend and straighten your arms keeping elbows into your sides. March on the spot at the same time.
- **Sideways stepping** – with your hands on your hips, step alternately to the left and to the right.
- **Side arm raise** – lift one arm out to the side to shoulder level, take it back down to your side then repeat with the other arm. March on the spot whilst doing this exercise
- **Tap-backs** – hands on hips, lean forwards and tap alternate feet behind you
- **Upright row** – Holding small food tins in hands, lift your hands to your chest while keeping elbows bent and out to the sides. Continue to raise your arms up and down while marching on spot.
- **Step-ups** – use a door step or the bottom step on your flight of stairs; hold the banister for support if necessary, step up and down at walking pace.
- **Press ups against a wall** – place your hands on a wall at shoulder height in front of you, bend your elbows and lean in, then straighten your elbows and return to starting position. Keep your back straight.
- **March on the spot.**
- **Chest press** – wrap the band we gave you around your back and underneath your armpits. Hold it in front of your chest, then alternately straighten and relax arms to stretch band in front of you. March on the spot while doing this exercise.

Cool down

Repeat the exercises you used for the warm-up at a gentler pace without adding in the arm exercises – you should aim to keep your legs moving until you have caught your breath and cooled down.

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Amber level

Aim to spend two minutes on each exercise your physiotherapist has shown you:

- **Squats** – sit back letting your knees bend, return to standing and continue to repeat.
- **Bicep curls** – hold a food tin in each hand, bend and straighten your arms keeping elbows into your sides. Do heel digs with your feet whilst doing this exercise.
- **Sideways stepping while rowing arms forwards and back in front of you.**
- **Side arm raise** – hold a food tin in each hand, lift one arm out to the side to shoulder level, take it back down to your side then repeat with the other arm. March on the spot whilst doing this exercise.
- **Tap-backs** – hands on hips, lean forwards and tap alternate feet behind you whilst raising one arm in front of you, opposite arm to opposite leg.
- **Upright row** – holding a small food tin in each hand, lift hands to your chest while keeping elbows bent and out to the sides. Do heel digs with your feet whilst doing this exercise.
- **Step-ups** – use a door step or the bottom step on your flight of stairs; step up and down at a light jog pace.
- **Press ups against a wall** – place your hands on a wall at shoulder height in front of you, bend your elbows and lean in, then straighten your elbows and return to starting position. Keep your back straight.
- **March on the spot, lifting knees up in front of you, tapping opposite hand to opposite knee.**
- **Chest press** – wrap the band we gave you around your upper back and underneath your armpits. Hold the band in front of your chest, alternately straighten and relax your arms to stretch the band in front of you. March on the spot while doing this exercise.

Cool down

Repeat the exercises you used for the warm-up at a gentler pace without adding in the arm exercises – you should aim to keep your legs moving until you have caught your breath and cooled down.

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Green level

Aim to spend two minutes on each exercise:

- **Squats with forward arm raises** – sit back letting knees bend whilst taking both arms out in front of you, return to standing and continue to repeat.
- **Bicep curls** – hold a food tin or bottle of water in each hand, bend and straighten arms keeping elbows into your sides whilst stepping side to side.
- **Sideways stepping whilst rowing arms forwards and back in front of you.**
- **Side arm raise** – hold a food tin in each hand, lift both arms out to the side to shoulder level, take it back down to your side then repeat. Tap alternate feet out to the side whilst doing this exercise.
- **Tap-backs with forward arm raises** – hands on hips, lean forwards and tap alternate feet behind you whilst raising both arms forwards in front of you.
- **Upright row** – holding a small food tin in each hand, lift hands to your chest while keeping elbows bent and out to the sides. Continue to raise your arms up and down whilst marching on the spot.
- **Step-ups** – use a doorstep or the bottom step on your stairs; step up and down at jogging pace.
- **Press ups against a wall** – place your hands on a wall at shoulder height in front of you, bend elbows and lean in, then straighten elbows and return to starting position. Keep your back straight.
- **Jog on the spot.**
- **Chest press** – use band provided, wrap around back and underneath armpits. Hold in front of chest, alternately straighten and relax arms to stretch band in front of you. March on spot whilst doing this exercise.

Cool down

Repeat the exercises you used for the warm-up at a gentler pace without adding in the arm exercises – you should aim to keep your legs moving until you have caught your breath and cooled down.

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