

## Pulmonary Rehab Home Exercise Guide

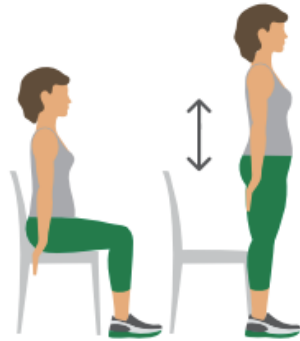
### Exercise Safety

The safest and best way to learn how to exercise if you have a chronic lung condition is to take part in a pulmonary rehabilitation program.

#### **To be safe during exercise make sure you:**

- ✓ Have been clearly shown how to perform the exercises by an appropriately trained exercise professional before commencing.
  - ✓ Have taken your reliever inhalers before exercising if prescribed by your doctor to do so, and have them with you throughout.
  - ✓ Drink enough fluids.
  - ✓ Use recovery positions to reduce breathlessness.
  - ✓ Use pursed lip breathing.
  - ✓ Use your oxygen for exercise, if it has been prescribed by your doctor.
  - ✓ Are adequately warmed up before commencing.
  - ✓ Restart your exercise program at a lower intensity if you have not exercised for a while or you have been unwell.
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- ✗ Avoid strenuous exercise if you have a fever, a flare-up of your condition or the common cold.
  - ✗ Do not exercise immediately after a big meal.
  - ✗ Do not exercise in extreme heat or cold.
  - ✗ Never turn your oxygen up higher than prescribed for exercising unless you have discussed this with your doctor.

### SIT-TO-STAND



- Sit on the edge of a chair with feet shoulder width apart.
- Stand upright.
- Sit back down.

Comments & Considerations:

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### LEG EXTENSION



- Sit in a chair with knees bent at 90 degrees and feet on the floor.
- Slowly straighten one leg.
- Return to starting position.
- Repeat for other leg.

Comments & Considerations:

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### SHOULDER PRESS



- Hold a weight in each hand at shoulder height.
- With one arm, lift the weight straight up and down.
- Repeat the exercise with your other arm.
- This exercise can be completed either sitting or standing.

Comments & Considerations:

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### BICEP CURL



- Hold weight at your side, with elbows close to your body and palms facing forward.
- Curl arm towards your shoulder ensuring your elbows stay at your side throughout the movement.
- Slowly lower to the first position.
- Can be done with both arms together or alternating arms.

Comments & Considerations:

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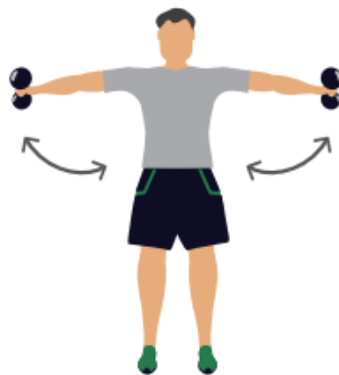


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### SIDE LATERAL RAISE



- Start with holding a weight in each hand at your side.
- Lift both arms out to the side, but not above your shoulders (move your arms as if you were "spreading your wings").
- Keep palms and weight facing toward the floor throughout the movement.
- Keep your elbows slightly bent during the exercise.

Comments & Considerations:

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### SEATED ROW



- Sit upright with slightly bent knees and feet together.
- Anchor the band under your feet.
- Hold on with each hand, arms out straight by your side.
- Pull the tubing back leading with the elbows, keeping wrists straight and slightly squeezing the shoulder blades together.
- Do not rock back and forward.

Comments & Considerations:

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### HAMSTRING STRETCH



- Sit on the edge of a chair or bed.
- Bend one leg, and straighten the other with toes pointed up.
- Lean forward slowly until you feel a stretch at the back of your thigh.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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### SIDE STRETCH



- Create a wide base of support with your feet apart.
- Reach one arm straight over your head.
- Lean into the direction of reach as far as it is comfortable and hold.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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### SIDE NECK STRETCH



- Slowly tilt head towards one shoulder keeping chin slightly tucked under.
- Repeat toward other shoulder.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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### TRUNK ROTATION



- Cross arms in front just below the chest.
- Gently rotate the trunk side to side as far as possible.
- Stretch should be felt in the middle and lower back.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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### SHOULDER STRETCH



- Place one arm across your body.
- Gently pull on your elbow with your opposite hand until a stretch is felt in the shoulder.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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### SHOULDER ROTATION



- Place hands on your shoulder as shown.
- Slowly make forwards and backwards circles with your elbows.

Hold for: \_\_\_\_\_ Repeat: \_\_\_\_\_

Comments & Considerations:

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**Illustration Source Acknowledgment: Thanks to Lung Foundation Australia**

We would like to thank Lung Foundation Australia for providing the high-quality illustrations used herein, which have helped to enhance the quality and usefulness of this exercise guide. Their contribution to our guide is greatly appreciated, and we recognize their efforts in promoting lung health and supporting people living with lung disease.