

McLaren Print System Order

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G 3230 Beecher Road lower level
Flint, Michigan 48532,

Brochures
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Dept Name: Pulmonary Rehab
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Item Number: M-2651
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FLINT

Exercise Guidelines

Signs and symptoms of overexertion

Stop exercising if you experience an event that needs to be reported to a staff person such as:

- Extreme shortness of breath
- Chest pain or discomfort
- Nausea
- Leg pain or muscle cramps
- Dizziness
- Unusual fatigue
- Heart rate above "target heart rate range"

Additional Diabetic Exercising Guidelines

- You cannot exercise if it has been less than 1 hour since a meal.
- You cannot exercise if your blood sugar is over 250 or if your blood sugar is less than 80.

STRETCHING OUT TO BREATHE EASIER

When the lungs have to struggle to work properly, people start to use the muscles in the chest, neck, and shoulders to assist lung function, explains Dr. Schachter. "This tends to tighten up the upper body and rob strength from the other functions of these large muscles," he says. "This can be felt when a person raises his or her hands to hang curtains or use a hair dryer. If these and similar activities cause a person to feel short of breath, it is because the shoulder muscles (and other muscles) are already working hard to help the lungs." Flexibility exercises can help loosen up the muscles that have become involved in assisted breathing.

Spec Info: