



Exercise Packet for COPD Patients

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Pulmonary Rehab

Guidelines for strength training

1. Always exhale (breathe out) with pursed lips during the most difficult part of the exercise.
2. Perform one arm at a time whenever lifting a weight above your head.
3. Movement during exercise should be slow and smooth.
4. Control weights in both directions of each exercise.
5. Do not hold your breath at any time when lifting weights!
6. Stop any exercise if you feel pain at any time! If your range of motion is limited, do what your body will allow.
7. Pounds and repetitions are based on your level of strength or tolerance.
8. Do not exceed 15 repetitions in one set. Consult a staff member regarding increase in weights and/or sets.

CHEST EXPANSION

1. Sit in a straight back chair with feet slightly apart and arms down at your sides.
2. While inhaling, lift your arms out and up.
3. On exhalation, bring your arms down.
4. Repeat up to ten times.

Note:

This exercise can be done with or without weights (1-3 pounds).



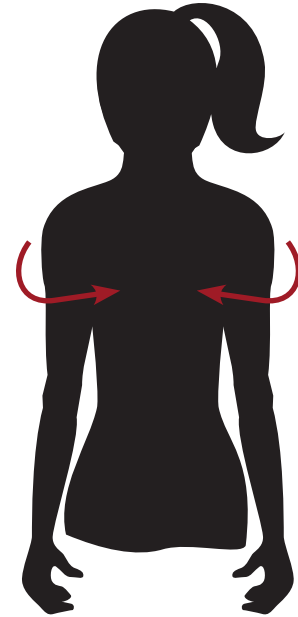
UNDERNEATH SHOULDER STRETCH

1. Sit and bend your head and chest forward slightly.
2. Reach your arms behind your back while inhaling.
3. Return to starting position while exhaling.



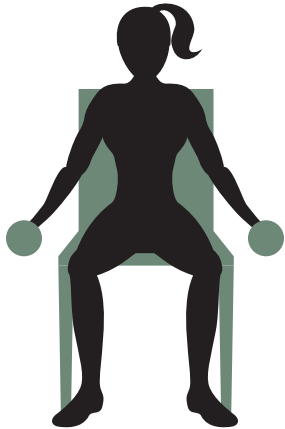
SCAPULA & CHEST EXPANSION

Maintaining erect posture, draw shoulders back while bringing elbows back and upward. Inhale as you draw your back together. Exhale when you relax.



SIDE RAISE & CHEST EXPANSION

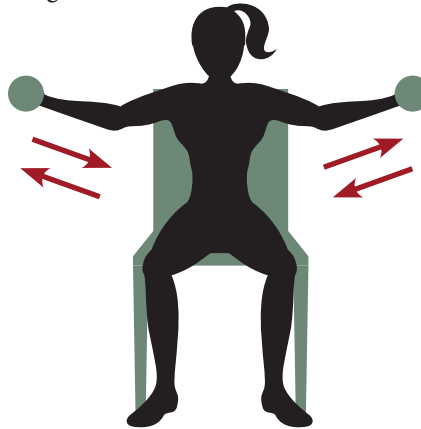
1. Sit in a chair with both feet on the floor about shoulder width apart.
2. Position weights in each hand with arms down by your side.
3. Inhale as you raise the weights out to the side. Stop at shoulder level.



4. Exhale as you lower the weights down.

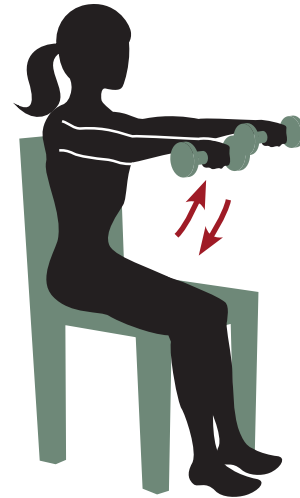
Note:

This exercise may also be performed alternating arms (use only 1-3 pound weights.).



FRONT RAISE & CHEST EXPANSION

1. Sit in a chair with both feet on the floor shoulder width apart.
2. Position weights in each hand with arms down by your side. Inhale.
3. Inhale as you raise the weights in front to shoulder level, palms down, and knuckles facing up.
4. Exhale as you lower arms down to your side.



SHOULDER PRESS & CHEST EXPANSION

1. Sit in a chair with both feet on the floor about shoulder width apart.
2. Position weights in both hands at shoulder level.
3. Inhale as you lift one weight straight up, overhead to arms length.
4. Exhale as you lower the weight.
5. Always perform one arm at a time.
6. Use light weight up to 3 pounds.

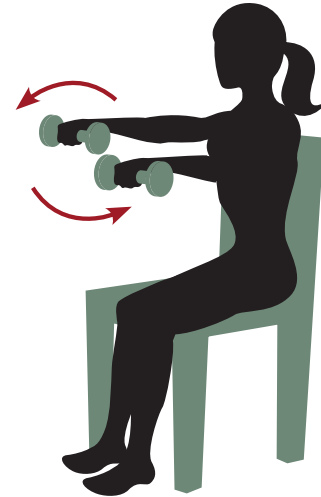


ARM CYCLE

1. Sit in a chair with both feet on the floor about shoulder width apart.
2. Position weights in each hand at chest level with palms facing down.
3. Cycle arms in a forward-circle (like riding a bike with your arms).
4. Now cycle your arms backwards.

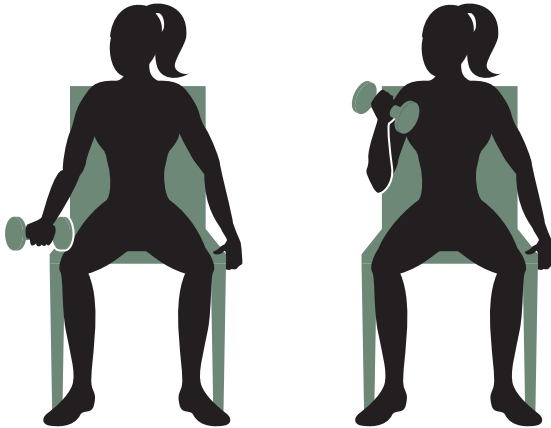
Note:

Breath using pursed-lip technique
1-3 pound weights.



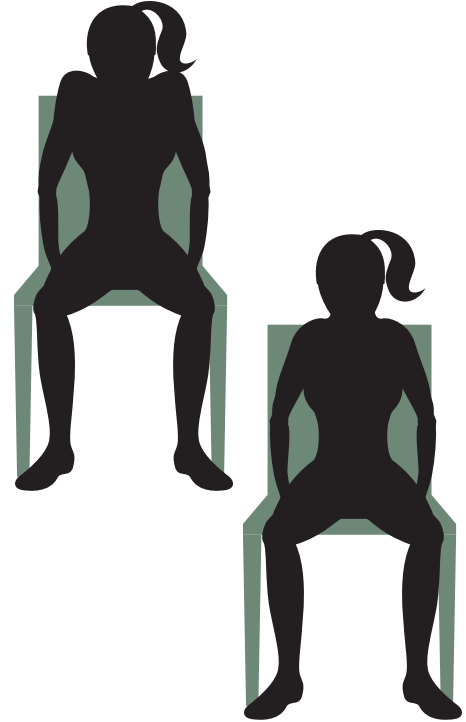
ARM CURL (Biceps)

1. Seated or standing.
2. Palm faces up – back straight.
3. Single arm or alternating arms.
4. Elbow(s) remain stationary at sides.
5. Move through full range of motion.
6. Exhale while lifting the weight.



SHOULDER SHRUGGING

1. Stand or sit with feet slightly apart and arms relaxed.
2. Shrug your shoulders and tighten the muscles as much as possible. (Inhale.)
3. Relax and rest. (Exhale.)
4. Repeat up to ten times.



KNEE EXTENSION

SUMMARY

1. Sit in chair. Put rolled towel under knees, if needed.
2. Slowly extend one leg as straight as possible.
3. Hold position and flex foot to point toes toward head.
4. Slowly lower leg back down.
5. Repeat with other leg.



Strengthens muscles in front of thigh and shin. Sit in a chair, with your back resting against the back of the chair. If your feet are flat on the floor in this position, you should place a rolled-up towel under your knees to lift them up. Only the balls of your feet and your toes should be resting on the floor. Rest your hands on your thighs or on the sides of the chair. Take 3 seconds to extend your right leg in front of you, parallel to the floor, until your knee is straight. With your right leg in this position, flex your foot so that your toes are pointing toward your head; hold your foot in this position for 1 to 2 seconds. Take 3 seconds to lower your right leg back to the starting position, so that the ball of your foot rests on the floor again. Repeat with left leg. Alternate legs, until you have done the exercise 8 to 15 times with each leg. Rest; then do another set of 8 to 15 alternating repetitions.

Strengthens ankle and calf muscles. Stand straight, feet flat on the floor, holding onto the edge of a table or chair for balance. Take 3 seconds to stand as high up on tiptoe as you can/hold for 1 second, then take 3 seconds to slowly lower yourself back down. Do this exercise 8 to 15 times on each leg. Rest a minute, then do another set of 8 to 15 repetitions.

As you become stronger, do this exercise first on your right leg only, then on your left leg only, for a total of 8 to 15 alternating repetitions.

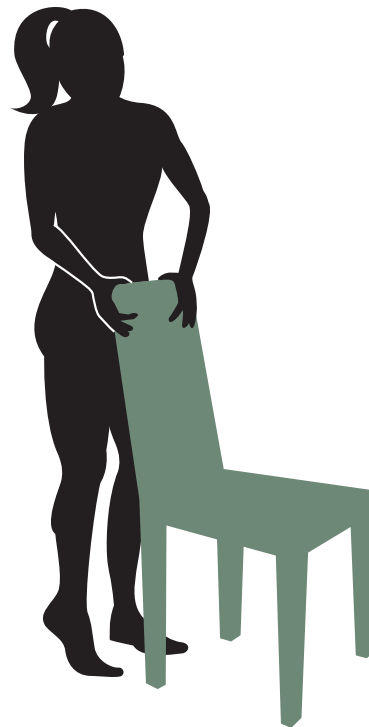
PLANTAR FLEXION (Standing Toe Rise)

SUMMARY

1. Stand straight, holding table or chair for balance.
2. Slowly stand on tiptoes, as high as possible while inhaling.
3. Hold position.
4. Slowly lower heels all the way back down while exhaling.

Variation, as strength increases:

Do the exercise standing on one leg only, alternating legs.



SIDE LEG RAISE (Scissor Kicks)

SUMMARY

1. Stand straight, directly behind table or chair, feet slightly apart.
2. Hold table for balance.
3. Slowly lift one leg to side, 6-12 inches.
(Exhale)
4. Hold position.
5. Slowly lower leg (Inhale).
6. Repeat with other leg.
7. Your back and knees are straight throughout exercise.
8. Add modifications as you progress.



Do leg raise as part of your regularly scheduled strength exercises, and add these modifications as you progress: Hold table with one hand, then one fingertip, then no hands; then do exercise with eyes closed, if steady.

Strengthens muscles in back of thigh.

Stand straight, very close to a table or chair, holding it for balance. Take 3 seconds to bend your left knee so that your calf comes as far up toward the back of your thigh as possible. Don't move your upper leg at all; bend your knee only. Take 3 seconds to lower your left leg all the way back down. Repeat with right leg. Alternate legs until you have done 8 to 15 repetitions with each leg. Rest; then do another set of 8 to 15 alternating repetitions.

KNEE FLEXION (Ham String)

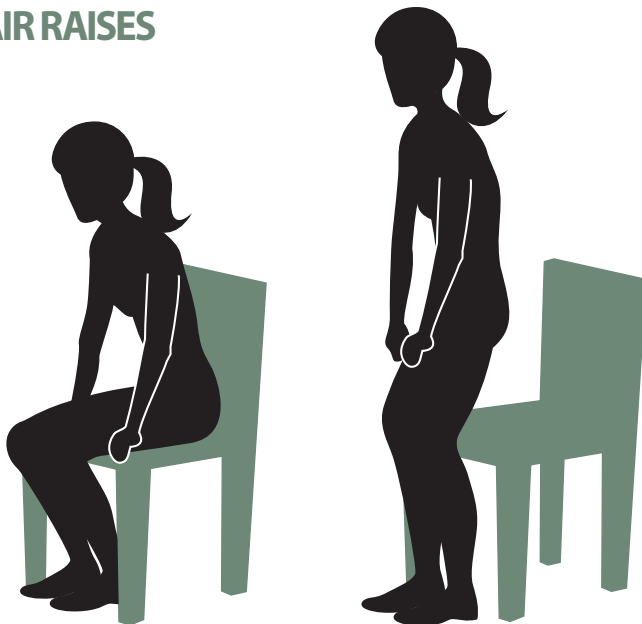
SUMMARY

1. Stand straight; hold onto table or chair for balance.
2. Slowly bend knee as far as possible while exhaling.
3. Hold position.
4. Slowly lower foot all the way back down while inhaling.
5. Repeat with other leg.



SIT TO STAND CHAIR RAISES

1. Inhale as you stand up
2. Exhale as you sit down.





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