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# Cardiac Rehabilitation home exercise programme



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## About this guide

This guide has been put together to help you continue with your exercise programme at home and you may use this in conjunction with the exercises in your Cardiac Rehabilitation handbook. They are very similar to the ones you already do in class, so please try to perform them in the way you are taught by the cardiac rehabilitation team.

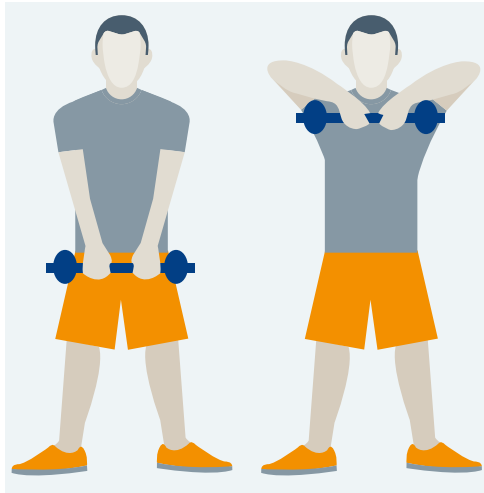


## Cool down

After your circuit don't forget your cool down. Spend 10 minutes Gradually lowering your heart rate and breathing rate by doing the pulse lowering exercises on Page 7 or the ones you do in the class. Toe tapping, gentle marching, walking at a very slow pace etc. (similar to the ones you do in your warm up but a slower pace) are fine to do. Slow and steady is the key to get your breathing back to where you started. You should do some of the gentle stretches you are taught in class at this point too, but take care not to over stretch or lose your balance.

**That's it!**

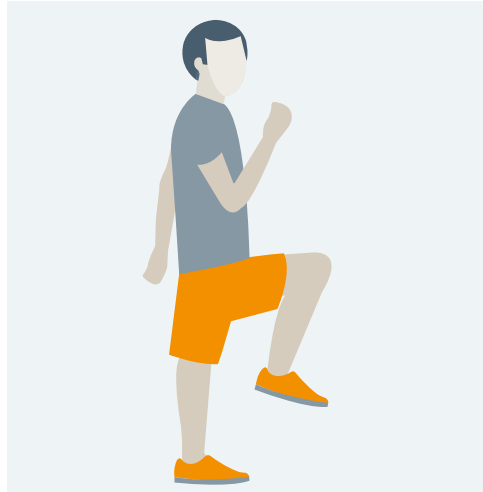
**Enjoy but most of all take care.**



Up to 2 minutes

### Upright row

With one small weight held by both hands, start with your weight just below your tummy area. Draw the weight up slowly towards your chest (like a rowing motion) then lower again to the start position. Repeat. Ensure elbows are stuck out to your sides.



Up to 2 minutes

### Marching on the spot

Marching on the spot.

## Before you start

- Prepare a safe clear space - make sure you remove any items that may be a hazard such as chairs and walking aids (unless you need them for support / balance) rugs, tables, footwear. Even your family pets can get under your feet!
- Always wear well-fitting footwear and comfortable clothes – don't be tempted to do the exercises in your pyjamas and slippers.
- Make sure the room is a comfortable temperature.
- Have a drink of water available.
- Check your posture – your physiotherapist isn't there to correct you. Poor posture means that you may be leaning forwards or backwards – by doing this you are changing your centre of gravity which can increase the risk of you having a fall. Think about what you are taught in the class.

If you have a GTN spray (or GTN tablets), make sure you have it to hand when you are exercising (you should have it with you at all times) remember, no spray, no play!



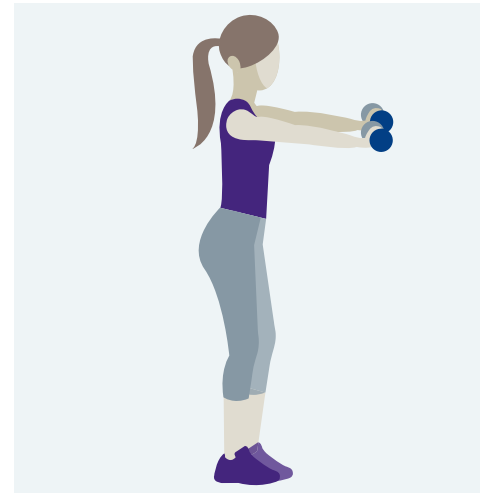
## Remember the golden rule of cardiac rehabilitation

Keep your feet moving. In between exercises make sure you keep your feet moving and don't just stand still. This maintains the circulation in your lower legs and therefore preventing your blood pressure from dropping

### One last thing

Remember if you experience any of the following during your exercise you **MUST** stop immediately:

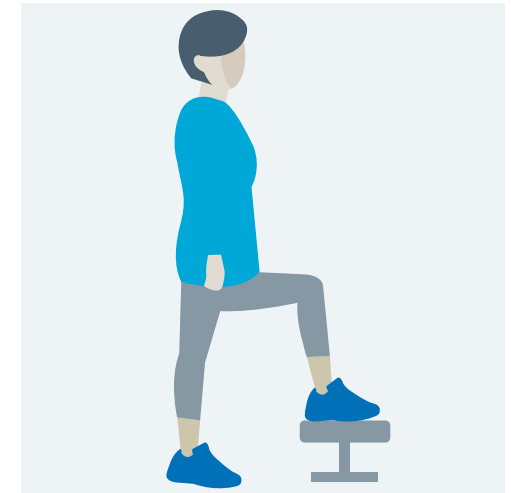
- Chest pain (If you have a GTN spray you should use it as prescribed)
- Tightness in the chest
- Palpitations
- Feely dizzy or faint
- Feel sick
- You feel pain, swelling or stiffness in joints
- You have excessive shortness of breath



Up to 2 minutes

### Frontal raise

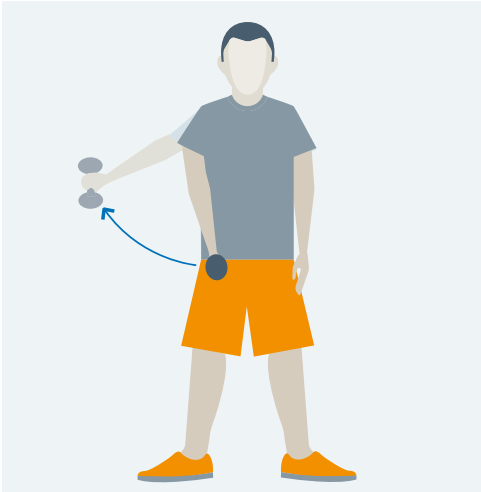
Holding a hand weight in each hand (or a bottle of water, tin of fruit etc.) start with your hands on your thighs and raise towards the front, shoulder height only. Repeat.



Up to 2 minutes

### Step ups

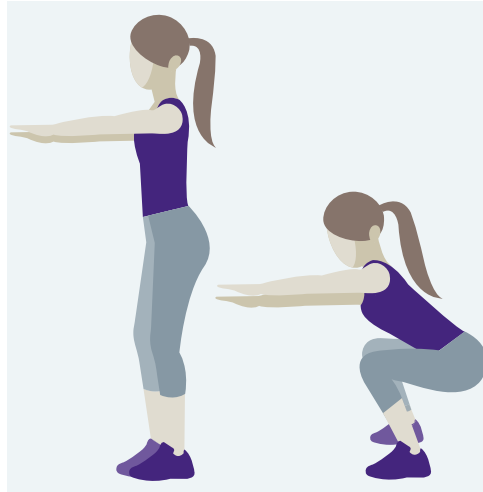
If you have a **SAFE** place to step up and down onto a step, then step up onto the step until both feet are on the top, then step down until both feet are on the ground. Please take care for loose carpets and hazards.



Up to 2 minutes

### Lateral raise

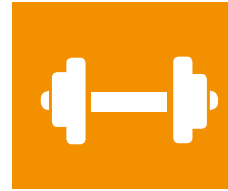
Holding a hand weight in each hand (or a bottle of water, tin of fruit etc.) start with your hands on your thighs and raise towards the side shoulder height only. Repeat.



Up to 2 minutes

### Squats

Standing hands on your hips, feet hip width apart. Toes slightly outwards. Sticking your bottom out, slowly lower until your thighs are parallel to the floor (no lower). Return slowly and repeat. Ensure that you are always able to see your toes beyond your knees. If your knees go over your toes so you are unable to see them, you need to correct yourself as this can put strain on your knees.

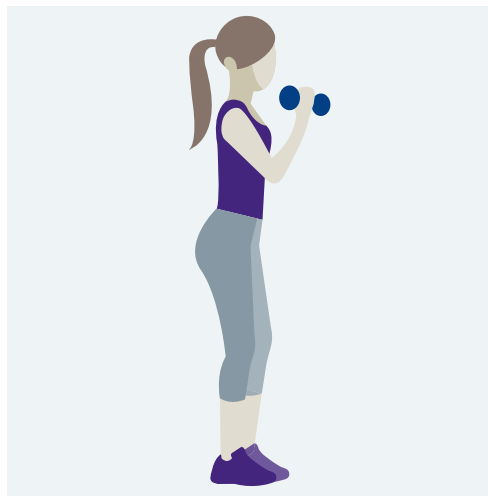


## Warm up

Before starting your circuit exercise programme at home, please refer to your Cardiac Rehabilitation Manual. Page 7 explains how to do your warm up – remember – your warm up is VERY important and you must spend at least 10 to 15 minutes doing this. Think about the things we do in the class, like toe tapping, heel digs, knee raises etc. and make sure you never start the circuit without doing your warm up first. Intersperse these movements with mobility exercises such as shoulder shrugs, wrist circles etc.

Follow the Borg scale on Page 9 to monitor how hard you are working and remember, you should be no higher than a 2 or 3 by the time you have finished your warm up.

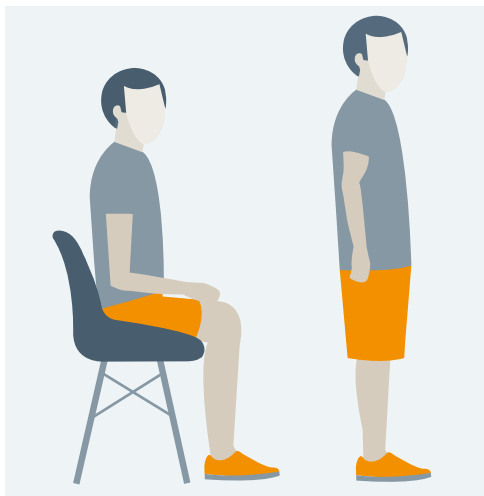
## Main 'circuit' component



Up to 2 minutes

### Bicep curls with marching

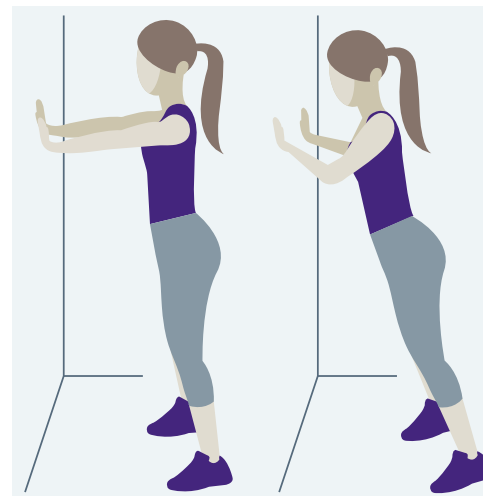
Holding a hand weight (or a bottle of water, tin of fruit etc.) bend and straighten your arms one at a time. Elbows tucked in to your sides.



Up to 2 minutes

### Sit to stand

Sitting on a stable dining chair, arms across your chest lean slightly forwards into standing position. When stood, ensure you can feel the chair behind your legs before you sit down again. Slow and controlled. If you need to use your hands to push up that's fine. Repeat.



Up to 2 minutes

### Wall push up

Facing a wall, feet hip width apart, arms shoulder width against the wall. Push away from the wall and return slowly back to starting position keeping your back straight and your tummy tight.



Up to 2 minutes

### High knee lifts

Alternate knee raises in standing tapping your hand onto you knee as it lifts off the floor.