



Cardiac Rehabilitation Home Exercises

Brighton and Sussex 
University Hospitals
NHS Trust

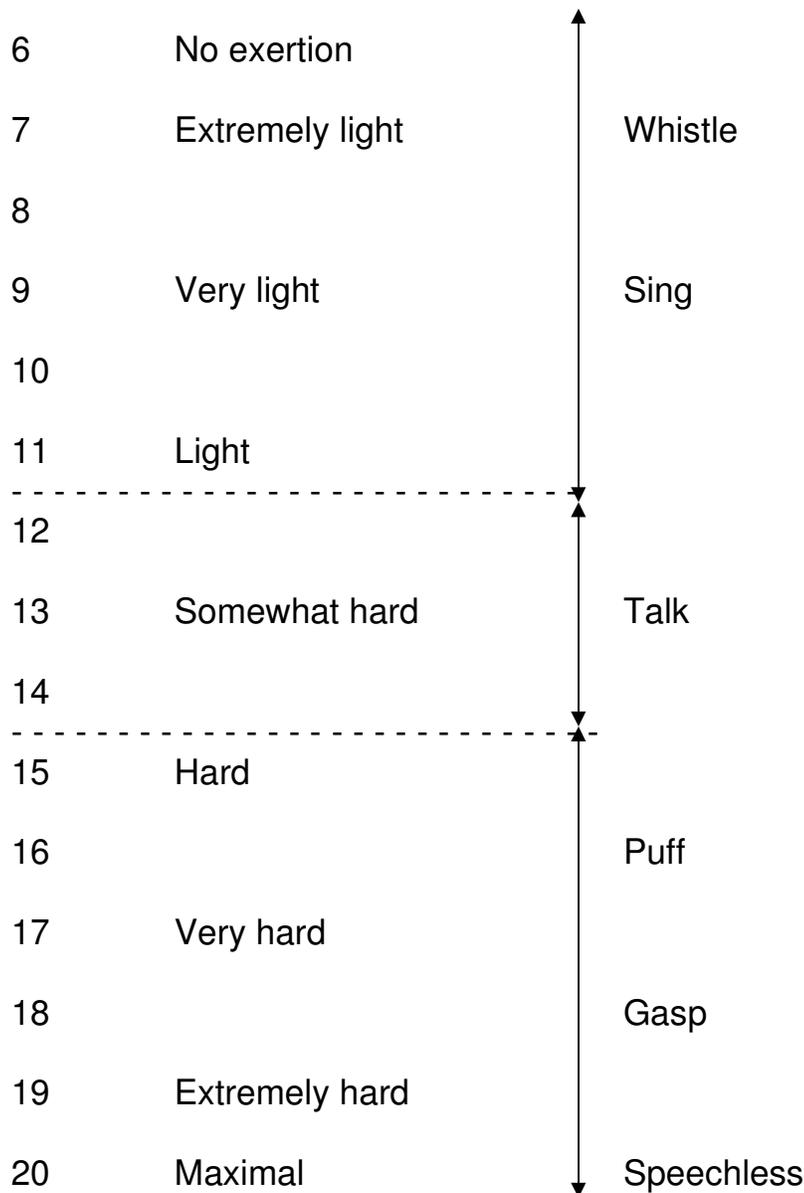
Home Exercises

You will benefit most if you exercise three times per week. You should exercise twice per week at the rehab classes and once at home over the weekend.

Remember to give yourself a good warm up of fifteen minutes to increase your heart rate at the beginning, and then a ten minute cool down at the end.

You should exercise to music with a steady beat because this will help you to keep a regular pace. You should aim to be working between 12 - 14 on the Borg scale, as you do during the classes. You should do each exercise for one minute.

The Borg Scale (rating of perceived exertion)



Cardiac Rehab Warm-up

Always keep feet marching when doing an arm exercise. Try to do each exercise for approximately 20 seconds.

1st five minutes: concentrate on the stretch rather than speed of movement; aim for Borg to reach a maximum of 10 by 5 minutes (ie. just starting to breathe a bit deeper)

MOS (march on spot x 14 – 16 steps)

Shoulder circles backwards x 8, forwards x 8

MOS

Heel taps in front (pull toes up towards you to feel a stretch in your calf muscle)

MOS

Elbow circles (with finger tips on/near shoulders) backwards x 8 (should feel stretch across chest) forwards x 8 (bring elbows together in front to feel stretch across upper back)

MOS

Toe taps out to sides (point down with toes stretching as wide as you can, bend supporting knee slightly to increase stretch)

MOS

Bicep curls (make a fist on the way up and extend fingers, wrists and elbows on the way down)

MOS

High knees (lift knees as high as you can to stretch your hips) x 6 each leg
High knees with horizontal abduction (lift knees up in front then take knee out to side to stretch groin before lowering back down) x 6 each leg

MOS

Breast stroke arms

MOS

**2nd five minutes: start to work a little harder up to Borg 11
(ie. breathing a little deeper, starting to feel light effort in muscles,
temperature starting to rise)**

Hamstring curls (start with a wide stance, lift right heel towards right buttock then then lower and swap legs lifting left heel towards left buttock, do not twist leg behind to opposite buttock, use a “quick flick” rather than a slow movement, lean upper body towards opposite side as you lift foot to help get into a rhythm)

MOS

Arm circles (keep elbow straight and move from shoulder) x 10 forwards on right , x 10 forwards on left, x 10 backwards on right, x 10 backwards on left

MOS

Squats (feet shoulder width apart, head up with straight back, keep heels on the floor, bend knees to max of 90°, lift arms forwards on the way down and lower arms back into your sides on the way up) x 10 – 12

MOS

Rowing with chest press (stretch arms out straight in front then pull back bending elbows back as far as you can so that you can feel the muscles between you shoulder blades working)

MOS

Forward lunge (take a medium sized step forwards, bend both knees equally up to max of 90° as if you are going to kneel down onto your back knee, then lift up and push yourself back with your front leg, repeat with alternate legs, lift arms out to sides if you need to work harder)

MOS

Final 5 minutes: working arms and legs together, Borg up to a maximum of 12 (ie. breathing a little heavy, muscles working somewhat hard, feeling warm, maybe slightly sweaty) aim to get heart rate up to 10 beats below Target HR, OK to go above Target HR as long as no more than 12 on BORG

High knees taping opposite hand to knee (lift arms up between taps, turn shoulders to work upper body more) x 10

High knees taping opposite hand to inside of ankle or shin x 10

High knees taking forearm or elbow towards opposite knee (turn shoulders as much as you can, do not bend forwards) x 10

MOS

Two side steps (lift arms out to sides as you step apart)

MOS

Backward lunge (very lightly tap alternate feet out behind, make sure you keep all your weight on your front leg, only the tips of your toes should touch the ground behind you, do not let your heel go down towards the floor, do not push on your back foot as this can cause injury, to work harder bend your front knee more and lift your arms forwards)

MOS

Hamstring curls with punching forwards or up, single or double arms

MOS

Half stars (lightly tap right foot out to side at the same time as you stretch right arm out to side, step back together then repeat to the left, lift two arms if you need to work harder and/or tap heels instead of toes)

MOS

Punching forwards x 10, out to sides x 10, up in the air x 10, down to floor x 10, out to sides x 10, forwards x 10

MOS

Cardiac Rehab Cool Down

After the last circuit you should walk around slowly for 4 – 5 minutes while you have a cold drink (try to drink at least one medium sized glass of water)

You should then do the stretching exercises **gently** – remember to watch your heart rate monitor and do the stretches *even more* gently if you see your heart rate rising.

For the first two stretches stand behind a chair which you can hold gently to help your balance if you feel wobbly (rest your fingers lightly on the back of the chair if necessary but do not put your weight through your arms as this will increase your heart rate and the chair back might not support your weight)

1. Calf stretch

Step back with your right leg making sure your right heel is flat on the floor, gently bend your front left knee until you feel a stretch in your right calf, hold for 10 secs, step back together and do alternate heel raises x 10, repeat stretch on the left followed by heel raises x 10

2. Quads stretch

- a. If good knee flexibility - turn to your left and hold onto the back of the chair with your left hand, then lift up your right foot and take hold of your ankle or trouser leg and gently pull your heel towards your bottom until you feel a stretch down the front of your right thigh, hold for 10 seconds, relax your leg back down then do alternate heel raises x 10. Repeat on the left followed by heel raises x 10
- b. If limited knee flexibility - turn to your left and hold onto the back of the chair with your left hand, stretch your right leg out straight behind you pointing your toes down and resting your foot very lightly on your toes (most of your body weight should be on your front left foot). Tuck your bottom (tail bone) under and push your hips forward until you feel a stretch across the front of your right hip and at the top of your right thigh, hold x 10 secs. Relax your legs back together then do alternate heel raises x 10. Repeat on the left followed by heel raises x 10

The rest of the cool down stretches are done sitting on a chair (preferably without arm rests).

3. Hamstring stretch – rest both hands on your left knee then straighten your right leg, keep your back straight and push your chest out leaning forwards until you feel a gentle stretch in the back of your

right thigh, hold for 10 seconds. Slowly bend and straighten your right leg 2 or 3 times. Repeat as above on the left leg.

4. Back stretches –
 - a. sit up straight on your chair then stretch down to your right as far as you can without losing your balance, hold for a count of 3 then straighten up. Heel raises x 10. Repeat to the left.
 - b. Place your hands around your waist with your thumbs at the back, stretch your elbows backwards and push your chest forwards sitting up as tall as you can, hold for a count or 3.
 - c. Slouch forwards and let your shoulders roll forwards, reach your arms out in front and put your hands on your opposite elbows. Relax your head down and push your arms forwards so that you feel a stretch across your upper back between your shoulder blades, hold for count of 3.
5. Sitting upright with your arms relaxed straight down by your sides, slowly and gently roll your shoulders up and backwards x 3 then repeat forwards x 3
6. Neck stretches –
 - a. Flexion – bite together and pull your chin in and down towards your chest.
 - b. Extension – still biting together tip your head up and back.
 - c. Side flexion right and left – keep looking straight ahead then take your right ear down towards your right shoulder (do not lift your shoulder towards your ear!) then back to the middle and pause, repeat to the left.
 - d. Rotation right and left – turn and look as far as you can over your right shoulder, back to the middle and pause, then repeat to the left.

BLUE CIRCUIT EXERCISES

1. Shuttle walk
2. Wall press
3. Two side steps
4. Upright row
5. Side shuttle
6. Calf raise
7. Knee Lifts
8. Bicep curl
9. Alternate shuttles
10. Chest press
11. Lunge Back
12. Sit to stand
13. Shuttle walk
14. Wall Press
15. Two side steps
16. Upright row
17. Side shuttle
18. Calf raise
19. Knee Lifts
20. Bicep curl
21. Alternate shuttles
22. Chest press
23. Lunge Back
24. Sit to stand

YELLOW CIRCUIT EXERCISES

1. Shuttle walk
2. Wall press
3. Two side steps
4. Step ups
5. Side shuttle
6. Calf raise
7. Knee Lifts
8. Hamstring curl
9. Alternate shuttles
10. Chest press
11. Lunge Back
12. Sideways step over
13. Shuttle walk
14. Wall Press
15. Two side steps
16. Step ups
17. Side shuttle
18. Calf raise
19. Knee Lifts
20. Hamstring curl
21. Alternate shuttles
22. Chest press
23. Lunge Back
24. Sideways step over

RED CIRCUIT EXERCISES

1. Shuttle walk
2. Half star
3. Two side steps
4. Step ups
5. Side shuttle
6. Squats
7. Knee Lifts
8. Hamstring curl
9. Alternate shuttles
10. Forward lunge
11. Lunge Back
12. Sideways step over
13. Shuttle walk
14. Half star
15. Two side steps
16. Step ups
17. Side shuttle
18. Squats
19. Knee Lifts
20. Hamstring curl
21. Alternate shuttles
22. Forward lunge
23. Lunge Back
24. Sideways step over