

Exercise program



Service régional de soins à domicile

Rehabilitation therapist team

Québec 

Introduction

- **Do the exercises slowly. Rapid movements will decrease the effect of the exercises.**
- **Wait one hour after lunch before doing your exercises.**
- **If you are in an infection period, it is important not to stop your program. Continue the arms movement exercises with the appropriate breathing technique. It will help you to clear the secretion in your lungs.**
- **Have fun and enjoy your program.**

The 6 principles of energy conservation

1. Prioritize your activities :

- Evaluate what you have to do and what you would love to do.
- Eliminate activities that are not necessary.

2. Pace yourself :

- A slower and regular rhythm uses up less energy.
- Include relaxation breaks in your schedule.
- Sub-divide difficult tasks into smaller steps.

3. Plan your schedule within your limits :

- Try to evaluate during the day when your level of energy is either at its highest or lowest.
- Schedule your activities in consequence.

4. Position your body and arrange your environment to reduce shortness of breath :

- Be aware of what movements cause you most shortness of breath or fatigue.
- See how you can organize the storage spaces in your house to reduce the need for reaching and bending.
- If you feel tired, perform most of your activities while sitting.

5. Pursed-lip breathing to reduce shortness of breath :

- Exhale when effort is required.

6. Positive attitude.

Source : Living well with COPD

Breathlessness scale

The breathlessness scale can help you determine the efforts you are making while you exercise.

The breathlessness	
Level of the breathlessness	Intensity of the breathlessness
0	Nothing
0,5	Very very low
1	Very low
2	Low
3	Moderate
4	A little bit fast
5	High
6	Severe
7	Very severe
8	
9	Extreme
10	Maximum

It is recommended to practice your physical activities with a moderation of shortness of breath between **3 and 5** on 10.

Principles for self-monitoring of the exercise

Normal signs

- Moderated dyspnea (difficult or labored breathing)
- Perspiration
- Sensation of fatigue or heat in your legs or arms
- Light muscle and joint pain

Abnormal signs

- Chest pain
- Intensive muscle and joint pain
- Dizziness
- Headache
- Pounding
- Œdema of the legs
- Glycemia
- Respiratory difficulty > 6 on the breathlessness scale

Benefits of daily physical activity

- Lower the shortness of breath
- Help to maintain a good bone density
- Increase the muscular density and the tolerance
- Gain more functional capacity and maintain your autonomy
- Gain balance and lower the risk of falls
- Better humor and reduce the risk of depression
- Better quality of life

Pursed-lip breathing

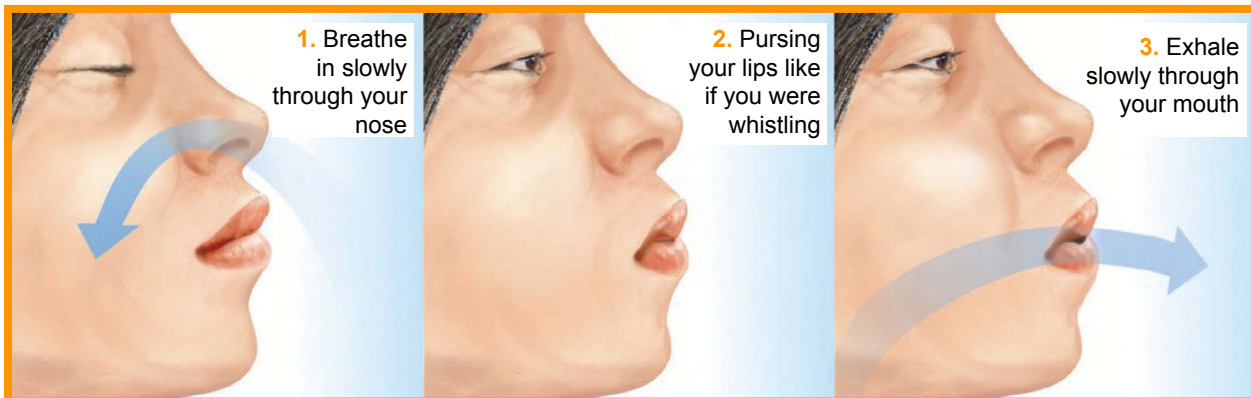
Use this technique when making physical movement in order to prevent a shortness of breath.

These are the steps to take :

- Breathe in slowly through your nose until you feel your lungs are filled with air.
- Purse your lips as you would to whistle or kiss someone or blow out a candle.
- Exhale slowly while keeping your lips pursed. Make sure to breathe out twice as long than when you breathe in.
- Remember to keep your lips pursed.
- When you do master this technique, try to integrate it in your daily activities.

Remark : Do not force your lungs to empty.

Pursed-lip breathing



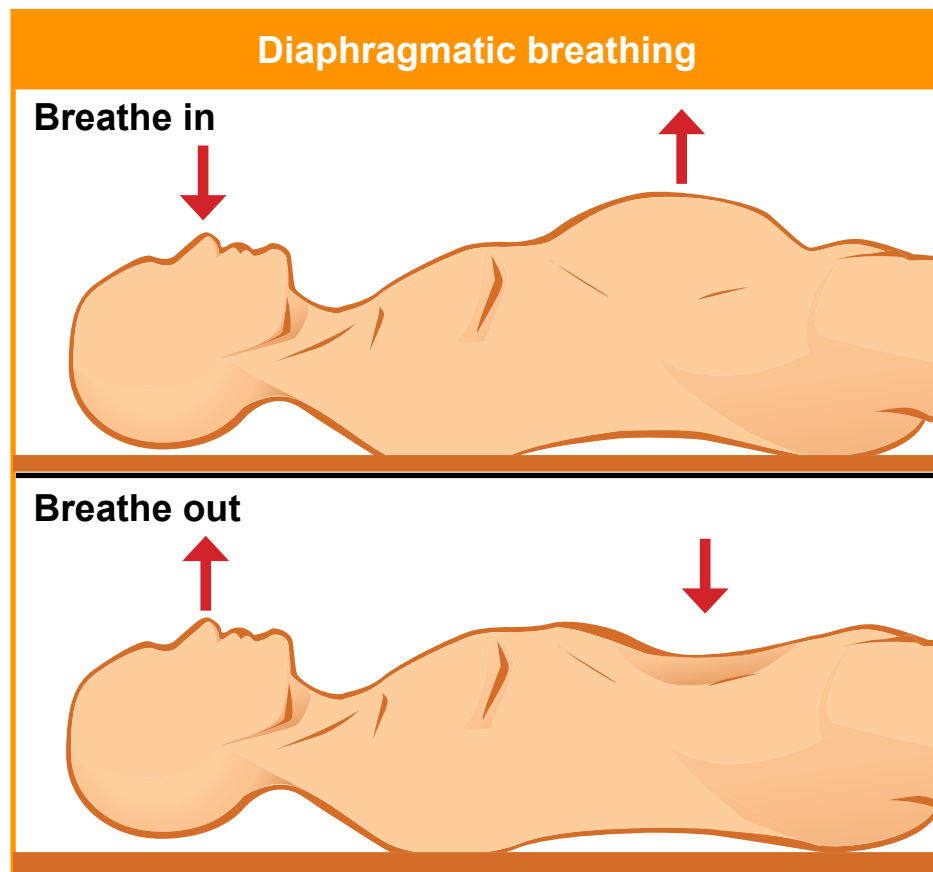
Diaphragmatic breathing

These are the steps to take :

- Place one hand on your abdomen.
- Feel your abdomen rise while breathing in through your nose.
- Breathe out slowly, using the pursed-lip technique. You should feel your abdomen deflating. Imagine touching your spine with your belly button.
- You should breathe out twice as long as you would breathe in.
- Repeat 3 times and rest for 2 minutes.
- Repeat this exercise often and you will get to know them well without thinking.

Why should you use diaphragmatic breathing ?

- Decreases the effort of breathing.
- Controls your breathing while you are short of breath.
- Improves oxygen to the lung

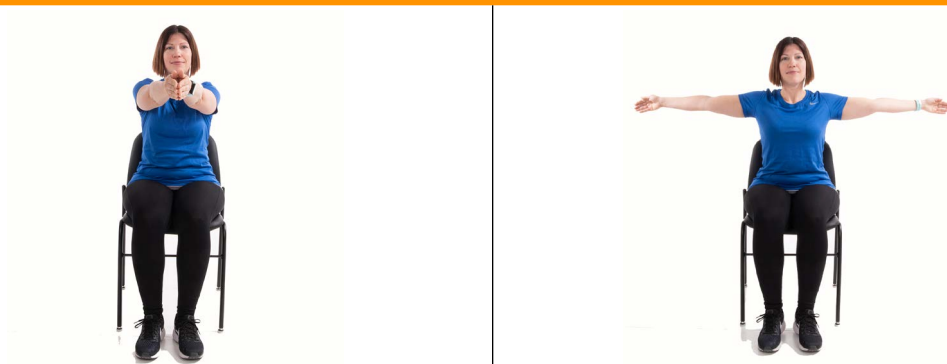


Shoulder flexion



1. Inhale in 2 seconds as you raise your arms forward and up
2. Exhale in 4 seconds coming back to the initial position

Horizontal shoulder abduction



1. Inhale in 2 seconds as you open your arms wide
2. Exhale in 4 seconds coming back to the initial position

Shoulder abduction



1. Inhale in 2 seconds as you raise your arms to the side and up
2. Exhale in 4 seconds coming back to the initial position

Hip flexion (sitting down)



1. Inhale in 2 seconds when both feet are on the ground
2. Exhale in 4 seconds as you're raising your knee up. Do both sides

Knee extension (sitting down)



1. Inhale in 2 seconds when both feet are on the ground
2. Exhale in 4 seconds as you're extending your knee. Do both sides

Ankle mobility



1



2



3



4

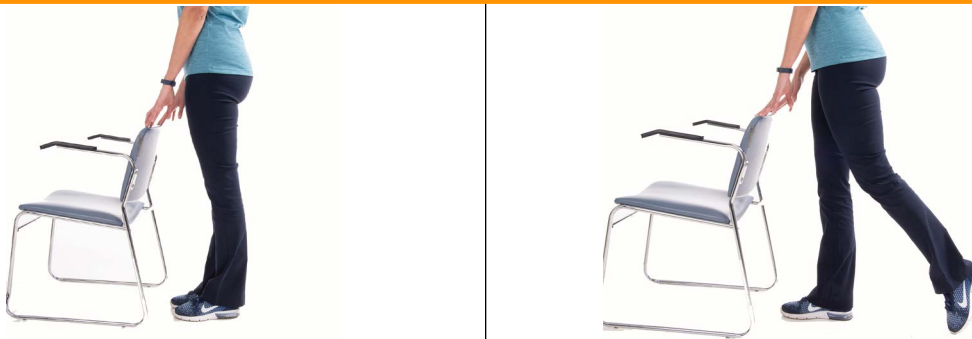
1. Inhale in 2 seconds when both feet are on the ground
2. Exhale in 4 seconds lifting your toes upward keeping your heels on the ground
3. Inhale in 2 seconds when both feet are on the ground
4. Exhale in 4 seconds lifting your heels

Standing hip flexion



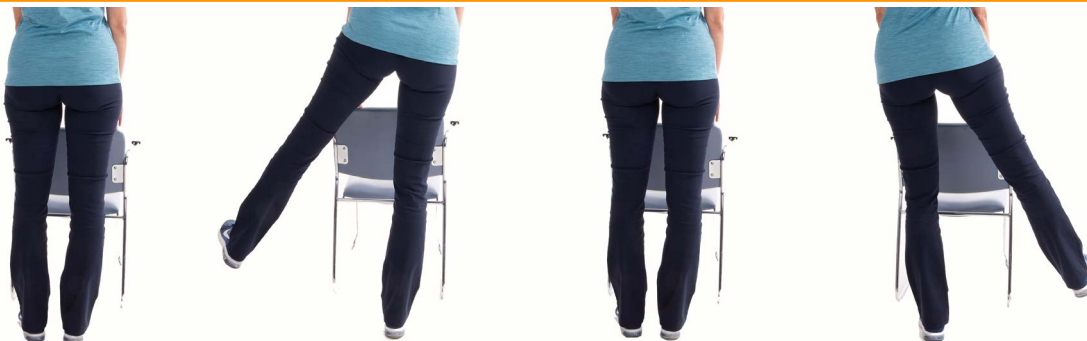
1. Inhale in 2 seconds when both feet are on the ground
2. Exhale in 4 seconds as you're raising your knee up. Do both sides

Standing hip extension



1. Inhale in 2 seconds when both feet are on the ground
2. Exhale in 4 seconds by lifting the leg backwards. Do both sides

Standing hip abduction



1. Inhale in 2 seconds when both feet are on the ground
2. Exhale in 4 seconds by lifting the leg to the side. Do both sides

Squats



1. Inhale in 2 seconds when you're standing straight
2. Exhale in 4 seconds bending your knee

Be sure to keep a small distance in between both knees

Benefits of walking

- Can be practiced in different life situations
(for example : walking to get yourself a glass of water).
- Can be practiced with friends or family members.
- If it's too cold, too hot or too humid to walk outside, you could do your walking in a shopping centre. (Advice: avoid the very busy periods.)

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🌐 <https://biblio-hmr.ca/in/fr/ciup>

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Québec 