

Patient Exercise Handout

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Aerobic Exercises:

The aerobic component can include any modality that you are capable of doing, including walking, swimming, biking, elliptical, stair-master, etc. By the end of the prehabilitation period the goal will be 30 minutes of aerobic activity 3 times per week at moderate intensity:

Moderate activity feels somewhat hard. Here are clues that your exercise intensity is at a moderate level:

- Your breathing quickens, but you're not out of breath.
- You develop a light sweat after about 10 minutes of activity.
- You can carry on a conversation, but you can't sing.

We will be using the Rated Perceived Exertion (RPE) scale to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.

- 0 – Nothing at all
- 1 – Very light
- 2 – Light
- 3 – Moderate
- 4 – Somewhat heavy
- 5 – Heavy
- 6
- 7 – Very heavy
- 8
- 9
- 10 – Very, very heavy

In most cases, you should exercise at a level that feels 3 (*moderate*) to 5 (*heavy*). When using this rating scale, remember to include feelings of shortness of breath, as well as how tired you feel in your legs and overall. The aerobic exercise does not have to take place in continuous bouts but has been shown to be of benefit in smaller sessions of at least 10 minutes each.

If you find the activity to be easier (1-2 on the RPE Scale), then you should first increase duration (i.e. 10-15 minutes) followed by a gradual increase in walking pace or exercise intensity (i.e. RPE from 3 to 4 or 5).

It is recommended not to surpass 7 to 8 on the RPE Scale. Example: walk at a normal pace for 5 minutes and then walk at a quicker pace for 2 minutes and repeat for the duration of time.

Please use the log book attached to this document to keep track of your aerobic exercise sessions!

GOAL:

- 3 times per week
- It's not necessary to limit yourself to 30 minutes and 3 times a week, if you wish to exercise longer and more frequently
- 30 min total per day
- RPE 3-5

Rating of Percieved Exertion (RPE)

0	Nothing at all		
0.5	Very, Very Light		
1	Very Light	like a person walking slowly at their own pace for several minutes	
2	Light		
3	Moderate	it is not especially hard and there is no problem continuing	
4	Somewhat Hard		
5	Hard	heavy exercise; it feels hard and you are tired but there is no difficulty continuing	
6	Hard		
7	Very Hard	very hard and strenuous; a person has to push themselves a lot. It feels very heavy	
8	Very Hard		
9	Very Hard		
10	Very, Very Hard(Maximal)	extremely strenuous exercise level or maximum; it is the hardest exercise you have ever experienced	

Go confidently in the direction of your dreams. live the life you've imagined.

-thoreau

Resistance Exercises:

All exercises are to be performed starting with 1 set of about 8 – 10 repetitions, two times a week. Number of sets and repetitions should gradually increase to 2 sets and 10 to 12 repetitions and then 3 sets and 10 to 12 repetitions.

If a participant is able to complete >12 repetitions and 3 sets of a specific resistance exercise than they will increase resistance (i.e. green band to red band).

GOAL:

- 2 times per week
- 3 sets
- 12 repetitions

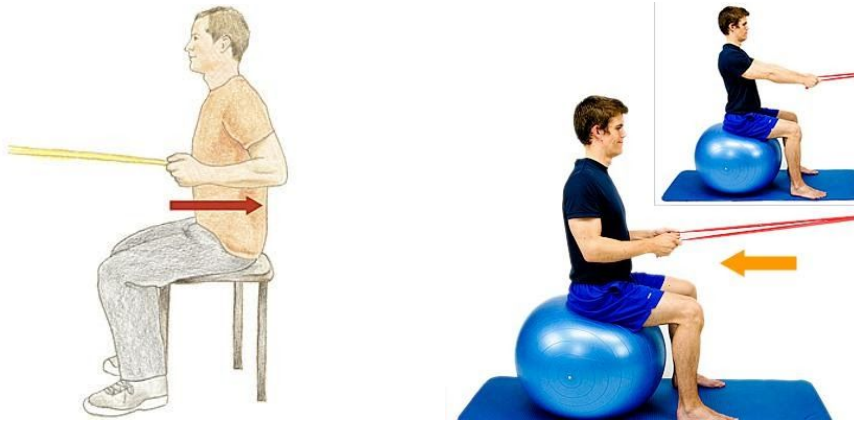
Please use the log book attached to this document to keep track of your resistance exercise sessions!

RESISTANCE BAND CHEST PRESS



Starting with your arms at your side and elbows bent, push the band out in front of your body as you straighten your elbows. The band could be wrapped around a chair or your body.

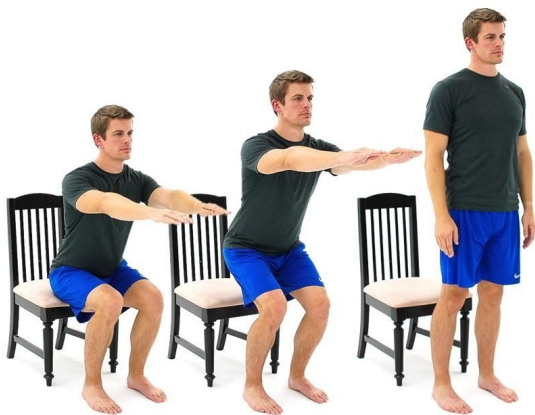
RESISTANCE BAND SEATED ROW



Sit in a chair or on an exercise ball and attach resistance band to a secure object at waist level. So that you can hold both ends of the band. Scoot far enough away from the door that there is tension on the band throughout your motion. Sit in a chair facing the anchoring object, with your back unsupported and maintaining proper posture. (You have proper sitting posture when your weight is evenly distributed over your sitting bones, your shoulders are in line with your hips, and your ears are in line with your shoulders.) Keep your elbows bent at your sides.

Grab onto both strands and pull back, retracting both arms, and pinch your shoulder blades together. Hold for approximately 1 second, then extend your arms out in front of you.

SIT TO STAND



Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

HIP ABDUCTION



While standing with an elastic band attached to your leg, pull an elastic band out to the side.

OR



Start in slight squat position with feet pointing straight forward. Step sideways, slowly bringing feet away from each other.

Slowly return to start position.

LEG PRESS



Sit in a chair and hold an elastic band with both hands. Loop the band around your target foot and then pull the band and your foot up while bending your knee.

Push your knee and hip into extension as you straighten your leg against the resistance of the band. Repeat.

Flexibility Exercises:

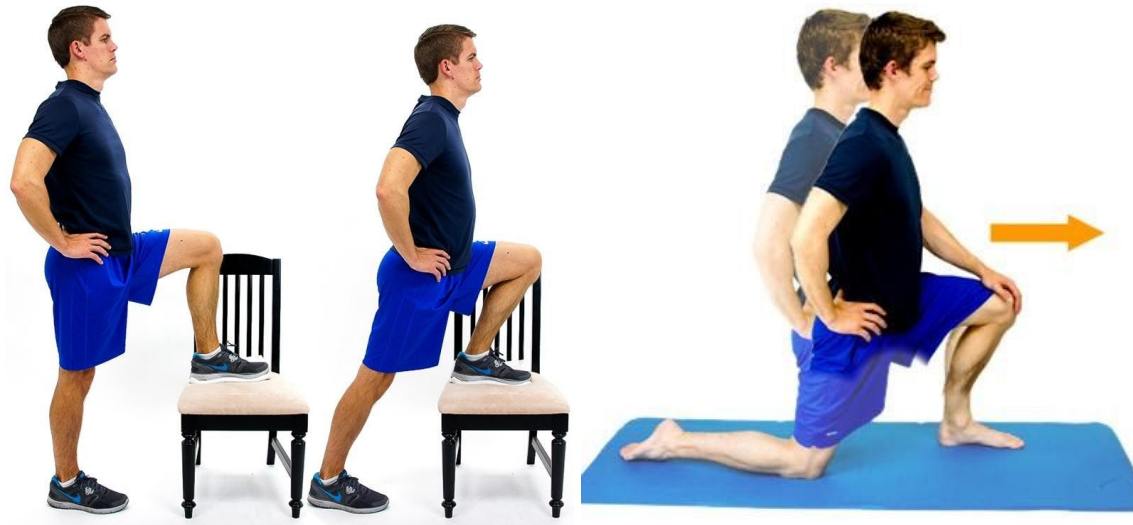
Flexibility exercises are given for the following muscles (each exercise should be performed two to three times and held for a minimum of 20 seconds). This should be performed 3 to 4 times per week.

GOAL:

- 3-4 times per week
- Perform each exercise 2-3 times and hold the stretch for 20-30 seconds each time

Please use the log book attached to this document to keep track of your resistance exercise sessions!

HIP FLEXOR STRETCH



While standing, place your foot on a chair as shown. Next, bend your knee to stretch the front of the thigh on the leg that is on the ground.

OR

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other

HAMSTRING STRETCH



Start by standing and prop your foot on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

QUADRICEPS STRETCH



Pull heel toward buttock until a stretch is felt in front of thigh. Prevent back from arching.

Repeat on both sides.

STANDING LUMBAR EXTENSION



Stand with your hands on your back with index fingers towards the bottom and at the level of your spine in which you want to focus the movement/stretch. Next, lean back and extend your spine at the level of your pointer/index fingers. Return to standing up straight and repeat.

SHOULDER AND ARM STRETCH



Stand at a corner or doorway. Place the front of your shoulder and entire arm onto the wall. Slowly turn your body away from the wall until you feel a gentle stretch in the front of your shoulder and chest.

Final Notes

Where to go from here:

- ❖ Increase number of aerobic resistance training sessions per week and also work towards increasing the intensity of each session (i.e. Increase resistance band strength or increase number of sets and repetitions or modify exercise to make it more challenging)
- ❖ **IMPORTANT: Make sure to increase only one component of your exercise program at a time**
 - Increase the number of sessions per week and then increase the intensity, but DO NOT increase both at the same time!
 - Increase the # of repetitions and then the # of sets but DO NOT increase both at the same time!
- o **Let us know if you have questions about this!**
- ❖ Stay within your fatigue limits and adapt the program on how you feel each day.
- ❖ If you have questions about how to perform any of the exercises let us know.