

EXERCISING AT HOME

For People Recovering from a Cardiac Event or Procedure

The benefits of exercise:

Did you know exercise is medicine? Exercise:

- Improves blood pressure, cholesterol and heart health
- Improves blood glucose control
- Helps prevent, fight and aid in the recovery of some cancers
- Reverses the age related decline in muscle mass
- Strengthens bones and slows down osteoporosis
- Protects joints and makes them stronger to cope with arthritis
- Improves fitness, strength, balance, posture and flexibility
- Helps achieve or maintain a healthy weight
- Improves mood and assists with anxiety and depression
- Encourages socialisation

Exercise recommendations:

- ✓ Keep moving during the day, avoid too much sitting down
- ✓ Over time, try to accumulate 150 minutes of planned exercise per week
 - That's about 30 minutes on 5 days of the week
 - Walking, cycling, swimming etc.
 - Moderate intensity
 - Include 2-3 strength exercise sessions per week plus stretching

Safety:

- Always perform a warm up and cool down
- Practice good exercise technique and avoid breath holding
- Listen to your body, stop or don't start if you don't feel right
- Have medications such as puffers or chest pain spray/ tablets on hand
- Start with what ever you can manage and gradually build up over time
- Drink plenty of water, or abide by fluid restrictions if applicable
- Avoid exercising in the heat of the day



Darwin

Shop 1 & 2 Tiwi Place,
Tiwi NT 0810
PO Box 40113,
Casuarina NT 0811
Phone: 08 8927 8488
Fax: 08 8927 8515

E: info@healthylivingnt.org.au

Alice Springs

Jock Nelson Centre,
7/16 Hartley Street,
Alice Springs NT 0870
Phone: 08 8952 8000
Fax: 08 8952 7000
E: alicesprings@healthylivingnt.org.au

www.healthylivingnt.org.au
ABN 11 374 693 055

Healthy Living NT
is the trading name of the
Diabetes Association
of the Northern Territory
Incorporated.

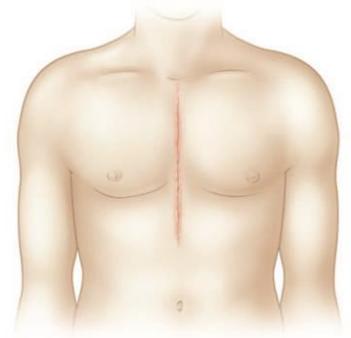
Healthy Living NT
is the registered NT
licence holder for
Life. Be in it.



Specific Considerations

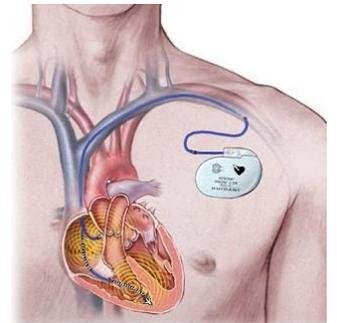
If you have had a sternotomy (bypass, valve repair or replacement):

- Report to your GP and seek individual guidance if you feel sternal instability
- Take extra precautions in the first 6 weeks:
 - Follow movement guidelines given in hospital
 - Move both arms together, rather than one at a time
 - If lifting an object make sure it is light, lifted with both hands and kept close to the body
 - Try to use the legs to stand from a seated position without pushing off with the arms, or apply equal pressure through the arms if needed
 - Cover your chest with a pillow and hug it when you cough
 - Avoid excessively stretching arms behind the body
 - Avoid not moving all together
 - Use the modified home exercise program for before 6 weeks
 - Generally after 6 weeks movement and lifting restrictions aren't as strict but everyone is different. Listen to your body. It takes 3 months for your sternum to fully heal.



If you have had a device implanted (pacemaker, cardiac resynchronisation therapy, implantable cardioverter defibrillator):

- Limit upper limb movement on the same side as the device to a smaller range for 4-6 weeks after implantation to let the wires imbed
- Avoid resistance training of the upper limb on the same side as the device for 6 weeks
- Avoid direct contact at the device implantation site
- Avoid contact sports where a collision may occur
- Avoid very high intensity exercise if you have an implantable cardioverter defibrillator or stick to an intensity where the heart rate is at least 10-15 beats below the threshold for the delivery of a shock



When to not exercise:

- If you are experiencing any symptoms such as chest pain, shortness of breath, dizziness, racing heart etc. Seek medical assistance.
- Uncontrolled conditions such as diabetes or high blood pressure
- If any new cardiac events, conditions or injuries occur. Consult GP for clearance to exercise



The following home exercise program is general and may not be suitable for everyone. Please seek professional, individualised guidance if you have specific injuries or conditions.

Getting Back to Walking After Cardiac Surgery

Below is a **general guide** for getting back to walking after cardiac surgery. Everyone is different so it is best to listen to your body. Start with, and progress with what ever **you** can manage. If you were not walking or physically active before your heart event/ procedure it is best to start with less and progress slower than the guide below. **Remember, listen to your body.**

Safety

- If you have a spray or tablet for chest pain take it with you on your walk and use if necessary as advised by your doctor. Do not continue your walk if you take any as you may experience dizziness
- If you experience any chest discomfort, dizziness, irregular heart beats or excessive shortness of breath slow down and rest or stop and call for help if symptoms continue
- It is a great idea to walk with a friend or family member, or carry a mobile phone
- During the wet season avoid walking outside during the heat of the day when you are likely to sweat more, as it could delay the healing of your wounds if you have any. You could walk around an air-conditioned shopping complex or on a treadmill inside if you have access to one

WEEK 1

- Walk at a **gentle pace** on **flat ground**
- Build up to around 20 minutes per day by the end of the week (**4 x 5 min walks**)

WEEK 2

- Walk at a **comfortable pace** on **flat ground**
- Build up to around 20-30 minutes per day by the end of the week (**4-6 x 5 min or 3 x 10 min walks**)

WEEK 3

- Walk at a **slightly increased pace** (can easily talk) on **flat ground**
- Build up to around 30 minutes per day by the end of the week (**3 x 10 min or 2 x 15 min walks**)

WEEK 4

- Walk at a **moderate pace** (increased breath rate but can still talk)
- **Mostly flat ground** but you could **try some small inclines**
- Aim to build up to 30 minutes per day (**3 x 10 min or 2 x 15 min or 1 x 30 min walks**)

WEEK 5

- As above, progressing as able

WEEK 6 +

- As above



Getting Back to Walking Diary

Below is a **general guide** for getting back to walking after cardiac surgery. Everyone is different so it is best to listen to your body. Start with, and progress with what ever **you** can manage. If you were not walking or physically active before your heart event/ procedure it is best to start with less and progress slower than the guide below. **Remember, listen to your body.**

	Week 1						Week 2						Week 3						Week 4						Week 5						Week 6+					
	<ul style="list-style-type: none"> Gentle pace Flat ground Build up to 4 x 5 min walks by the end of the week 						<ul style="list-style-type: none"> Comfortable pace Flat ground Build up to 4-6 x 5 min or 3 x 10 min walks by the end of the week 						<ul style="list-style-type: none"> Slight increase pace Flat ground Build up to 3 x 10 min or 2 x 15 min walks by the end of the week 						<ul style="list-style-type: none"> Moderate pace Most flat ground, some small inclines Build up to 3 x 10 min or 2 x 15 min or 1 x 30 min walks by the end of the week 						<ul style="list-style-type: none"> Moderate pace Flat ground and small inclines as tolerated 2 x 15 min or 1 x 30 min walks 						<ul style="list-style-type: none"> Moderate pace Flat ground and inclines as tolerated 2 x 15 min or 1 x 30 min walks 					
e.g.	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Mon																																				
Tue																																				
Wed																																				
Thur																																				
Fri																																				
Sat																																				
Sun																																				

1 block = 5 minutes. Every time you walk for 5 minutes fill in or tick off a block

WARM UP

Duration: 5 MINS | Intensity: GRADUALLY BUILD TO BRISK WALK



SIT TO STAND

Sets: 2-3 | Reps: 10-12 | Frequency: 2-3 X PER WEEK



Sit towards the front of the chair, feet and knees hip width apart, arms crossed over chest.



Lean forward and drive up through the heels to stand tall.



From standing, return to sitting. Avoid letting knees drop together.

WALL PUSH UP

Sets: 2-3 | Reps: 10-12 | Frequency: 2-3 X PER WEEK



Position hands on the wall at chest height & slightly wider than shoulder width. Fingers point up.



Bend elbows outwards as you lower your body towards the wall. Press back. Keep torso straight.

HEEL RAISE TOE RAISE

Sets: 2-3 | Reps: 10-12 | Frequency: 2-3 X PER WEEK



Feet hip width apart, stand tall



Rise as high as you can on to your tip toes then lower



Rock back onto your heels and raise the balls of your feet off the ground

1 ARM ROW

Sets: 2-3 | Reps: 10-12 PER SIDE | Frequency: 2-3 X PER WEEK



Split stance. Bend forward from the hips with a straight back. Working arm hangs straight down.



Keeping the body still, draw the elbow up to the sky then back down as if starting a lawn mower.

SIDE LEG RAISE

Sets: 2-3 | Reps: 10-12 PER SIDE | Frequency: 2-3 X PER WEEK



Stand tall, hold onto support.



Raise leg out to the side while keeping the toes, knees and hips facing forward. Keep body upright.

BICEP CURL

Sets: 2-3 | Reps: 10-12 | Frequency: 2-3 X PER WEEK



Stand tall, lock elbows into sides



Curl dumbbells to shoulders and back down to straight arms. Avoid rocking forward or backward.

HAMSTRING CURL

Sets: 2-3 | Reps: 10-12 PER SIDE | Frequency: 2-3 X PER WEEK



Stand tall. Use a chair for support.



Bend knee to lift heel towards bottom then lower. Keep both knees even throughout.

TRICEP KICKBACK

Sets: 2-3 | Reps: 10-12 | Frequency: 2-3 X PER WEEK



Split stance. Bend forward from the hips with a straight back. Working arm makes a 90 degree angle.



Straighten arm to the back of the room then return to 90 deg angle. Upper arm remains still.

COOL DOWN

Duration: 5 MINS | Intensity: SLOW



HAMSTRING STRETCH



Hold: **20-30 SECS**
Duration: **DAILY**

CHEST STRETCH



Hold: **20-30 SECS**
Frequency: **DAILY**

UPPER BACK STRETCH



Hold: **20-30 SECS**
Frequency: **DAILY**

TRUNK STRETCH



Hold: **20-30 SECS**
Frequency: **DAILY**

QUADRICEP STRETCH



Hold: **20-30 SECS**
Frequency: **DAILY**

CALF STRETCH



Hold: **20-30 SECS**
Frequency: **DAILY**

SHOULDER STRETCH



Hold: **20-30 SECS**
Frequency: **DAILY**

TRICEP STRETCH



Hold: **20-30 SECS**
Frequency: **DAILY**

How to Progress Resistance Exercises

GOAL= Complete your resistance (strength) home exercise program x 2-3 non-consecutive days per week

Repetition= the movement completed once e.g. 1 bicep curl

Set= a number of movements completed before a rest e.g. 10 bicep curls

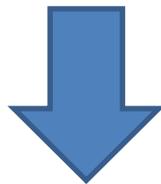
1. Start: 10 repetitions x 2 sets at a weight that makes you need a rest after each set (if you can keep going well beyond it is too light)



2. When it gets too easy increase repetitions first
 - 12 x 2 @ starting weight (24 in total)
 - 15 x 2 @ starting weight (30 in total)



3. When it gets too easy increase the number of sets next
 - 12 x 3 @ starting weight (36 in total)
 - 15 x 3 @ starting weight (45 in total)



4. When it gets too easy increase the weight last
 - 10 x 3 @ a heavier weight
 - 12 x 3 @ a heavier weight
 - 15 x 3 @ a heavier weight



Sit less, move more



The average adult spends **more than half** of their day sitting. Here's how the time can add up:



Adults who sit less throughout the day have a lower risk of early death, particularly from cardiovascular disease. In addition to 30 minutes of physical activity per day, try to limit your sitting time and interrupt prolonged sitting as often as you can.

DON'T GET THE SITS



DON'T GET THE SITS

REGULAR PHYSICAL ACTIVITY KEEPS YOUR HEART HEALTHY.

HEART WEEK 2018 APRIL 29 - MAY 6