

# IMG PHYSICAL THERAPY

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## Chronic Obstructive Pulmonary Disease Exercise Sheet

A diagnosis of Chronic Obstructive Pulmonary Disease can be overwhelming at first, but participating in a regular exercise program can help you to take control of your health and wellness. This program will help to build muscle strength and cardiovascular endurance leading to improved function in your daily life. We recommend keeping a daily journal or utilizing a pedometer (Fitbit, apple watch, etc.) in order to track your fitness improvements. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember...

- Any specific exercise that causes pain, especially sharp knife like pain, may lead to an injury and should be modified or discontinued until you notify your therapist.
- Increased swelling after exercise indicates that the exercises may be too difficult or are not being done correctly.
- Be sure to exercise in an environment that will not exacerbate your COPD symptoms. Avoid exercising in extremely hot or cold temperatures or in areas with secondhand smoke.
- Re-injuries during the rehabilitation or the training process will slow your progress. If you sustain recurring pain either decrease the intensity, amount of repetitions, or time performing the exercise.
- You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase pain or swelling.
- Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

## 1) The Importance of Breathing

Since COPD causes difficulty breathing it is important to focus on appropriate breathing techniques both throughout the day and while performing your exercises. Dyspnea, or shortness of breath, is a symptom you can experience with COPD. If you experience dyspnea, you can perform Pursed Lip Breathing in order to control your breathlessness.

- Technique
  - Inhale through your nose for several seconds
  - Exhale for 4-6 seconds through pursed lips, as if you are whistling
  - Continue this technique until your breathing has normalized

## 2) Exercise Intensity

An exercise evaluation with a skilled medical professional should be performed in order to determine the intensity, or difficulty level, of exercise your body can handle. While exercising on your own, utilize the Borg CR10 Scale to assess your breathing level. Exercising between values 4-6 are optimum for COPD patients.

<b>Modified</b>	<b>Borg Rating Scale for Perceived Dyspnea</b>
0	Nothing at all
0.5	Very, very slight shortness of breath
1	Very mild shortness of breath
2	Mild shortness of breath
3	Moderate shortness of breath or breathing difficulty
4	Somewhat severe
5	Strong or hard breathing
6	-
7	Severe shortness of breath or very hard breathing
8	-
9	Extremely severe
10	Shortness of breath so severe you need to stop

## 3) Walking or Cycling Program

Walking or cycling is a critical part of your exercise program which will help increase your endurance and quality of life. Perform walking or cycling 3-5 days/week. The appropriate amount of time for you to walk or cycle will differ based upon the severity of your COPD and your exercise evaluation. A general guideline is to begin walking or cycling for 5 minutes and to increase time by 1-3 minutes when the exercise becomes too easy. A good goal is to build your endurance to 30 minutes of walking or biking.

## 4) Whole-Body Strengthening Exercises



### ELASTIC BAND BICEPS CURLS

With your arm at your side holding an elastic band, draw up your hand by bending at the elbow.

Keep your palm face up the entire time.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day



### ELASTIC BAND TRICEP

Start with your elbow bent and holding an elastic band as shown. Pull the elastic band downward as you extend your elbow.

Keep your elbow by your side the entire time.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day



### Quad Sets

Sit or lie on your back with leg straight. Tighten your quadriceps muscle on the front of the thigh. This movement should press the back of your knee downward and the knee cap to move toward your hip slightly.

Repeat 10 Times  
Hold 10 Seconds  
Perform 1 Time(s) a Day

### BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 10 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



### POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).

Repeat 10 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day