YOUR REHABILITATION AFTER CRITICAL CARE

Exercise Programme & Exercise Diary

Name:	
Date Commenced:	

Ref: West Yorkshire Critical Care Network Rehabilitation Group

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INTRODUCTION

This booklet aims to help you recover after your critical illness. It is normal for you to feel weak after your hospital stay and these exercises will help you develop your strength and fitness.

The exercises will be explained to you by your physiotherapist while you are in hospital, and they are designed so that you can continue them at home.

You will find some exercises more difficult than others. You should not give up on a particular exercise, instead do a few repetitions and try to build up gradually.

When you are exercising it is normal to feel breathless, however, you should not be so breathless that you cannot hold a conversation. 2 to 3 minutes recovery time is acceptable. 5 minutes or more recovery time is too much.

You can be guided by the 'Borg Scale' on page 5 to help pace yourself. Aim for a score of between 12 and 14.

You should not exercise if you feel unwell. If you are not sure check with your GP, nurse or physiotherapist.

WARM UP

It is worth while spending up to 5 minutes on a simple warm up to prepare your body for exercise and to reduce the risk of injury. It is advisable to wear loose fitting and comfortable clothing and flat supportive footwear.

Checks

- Make sure you are sitting in an upright position.
- Ensure the temperature of the room is comfortable.
- Ensure you have adequate space all around you to exercise.
- Allow adequate uninterrupted time to complete your exercises.

Starting:

Repeat each warm up exercise 5 to 10 times

1) Look over your shoulder – left and right

2) Circle your shoulders one way and then the other

3) March on the spot whilst sitting

4) Toe tap

5) Slouch and stretch your back in the chair

SUGGESTION: Try doing it to music but at a pace which is comfortable to you.

BORG SCALE OF PERCEIVED EXERTION

SCORE	PERCEPTION OF EXERTION
6	**No exertion at all**
7	**Extremely light exertion**
8	
9	**Very Light** For a normal, healthy person it is like walking slowly at his / her own pace for some minutes
10	
11	**Light**
12	
13	**Somewhat Hard** But it feels OK to continue
14	
15	**Hard (Heavy)**
16	
17	**Very Hard** It is very strenuous – a healthy person can still go on, but he/she really has to push themselves. It feels very heavy, and the person is very tired.
18	
19	**Extremely Hard** For most people this is the most strenuous exercise they have ever experienced.
20	

You should be aiming to work at Level 12 – 14.

Reference: Borg GAV (1982) Psychological bases of perceived exertion. (Med Sci Sports Exercise: 14 5 377-381)

Picture	Patient should do this exercise ✓	Exercise
©PhysioTools Ltd Early Stage		**1) Touch Toes** • Sit upright with your feet firmly on the floor. • Round your back and bend forward to touch your toes, keeping your neck and shoulders relaxed. • Slowly rise back up to the sitting position. • Repeat _____ times
©PhysioTools Ltd Early Stage		**2) Trunk Rotations** • Sit on a chair • Look over your shoulder while turning your upper body • Repeat to the other side • Hold for _____ seconds • Repeat _____ times on each side
©PhysioTools Ltd Early Stage		**3) Knee Extensions** • Sit on a chair • Pull your toes up, tighten your thigh muscle and straighten your knee • Hold for 5 seconds and slowly relax your leg • Repeat _____ times with each
©PhysioTools Ltd Early Stage	**With Weights** _____ **Without Weights**	**5) Bicep Curls** • Stand with arms hanging down • Turn your palms forward • Bend alternate elbows briskly up to chest • Repeat _____ times

Picture		Patient should do this exercise ✓	Exercise
	Early Stage	With Weights Without Weights	**7) Overhead Arms** • Sit or stand holding your hands on your chest. • Lift alternate arms from your chest straight up and bring back down. • Repeat _____ times
	Early Stage	With Weights Without Weights	**5) Bicep Curls** • Stand with arms hanging down • Turn your palms forward • Bend alternate elbows briskly up to chest • Repeat _____ times
	Early Stage	With Weights Without Weights	**7) Overhead Arms** • Sit or stand holding your hands on your chest. • Lift alternate arms from your chest straight up and bring back down. • Repeat _____ times
	Late Stage		**6) Sit to Stand** • Stand up from sitting down. • Sit down again. • Repeat _____ times
	Late Stage		**8) Side Leg Lifts** • Stand straight holding onto a support with one hand. • Lift the leg, on the unsupported side, sideways and bring it back keeping your trunk straight throughout the exercise. • Repeat _____ times on each side.

Picture	Patient should do this exercise ✓	Exercise
Late Stage		**9) Squats** • Stand, holding onto a chair / table with both hands for support. • Slowly crouch keeping your back straight and heels on the floor. • Stay crouched for approx 20 seconds and feel the stretching in your buttocks and the front of your thighs. • Repeat _____ times
Late Stage		**10) Wall Push Ups** • Stand facing a wall with your arms straight out in front of you at shoulder height and your hands on the wall. • Do push-ups against the wall keeping your body in a straight line and keeping your hands on the wall. • Repeat _____ times
Late Stage		**11) Step Ups** • Step up with one leg. • Bring the other leg to join it. • Step down with the first leg. • Bring the other leg to join it. • Repeat _____ times, changing lead leg after ___ repetitions. *NB: You could use the bottom step of the stairs for this.*

GENERAL ADVICE

You can improve your general fitness simply by being more active in your day to day life. For example:

- Walk instead of driving
- Use the stairs rather than the lift
- Gardening and housework – ensuring you pace yourself

Late Stage

Walking is an excellent way to enhance your general fitness. Try to increase the frequency and distance you walk and the time you spend walking.

General Advice:

MY DAILY EXERCISE AND ACTIVITY DIARY

The diary is provided to encourage and monitor your progress.

Week Commencing:_ _ / _ _ / _ _ _ _

Day	**Mon**		**Tues**		**Wed**		**Thurs**		**Fri**		**Sat**		**Sun**	
Exercise	Reps	Borg	Reps	Borg	Reps	Borg	Reps	Borg	Reps	Borg	Reps	Borg	Reps	Borg
Other Activity														

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