

healthylivingNT

Home exercises for people with heart failure



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excellence in exercise physiology

The Heart Failure Self Management Pilot Project is supported by funding from the Department of Health and Ageing through the 'Sharing Health Care Initiative'

This home exercise program is for people with heart failure. Exercise is an important part of heart failure management, as it helps control and improve symptoms.

Important points to remember

These exercises are only general. For people who have any pre-existing injuries or other medical conditions which may effect you exercising, please consult your doctor or physiotherapist/exercise physiologist before using this pamphlet.

- If you experience angina, chest pains, shortness of breath, coughing, dizziness or a rapid heart rate **STOP** exercising and manage symptoms according to your management plan.
- When this exercise program becomes too easy, see your exercise physiologist, cardiac educator/heart failure nurse or physiotherapist for further exercises.
- Try to do your exercises early in the morning or late in the evening to avoid the heat of the day.
- Activities such as water activities and cycling should be included if you are able, but keep in mind the weather and time of day you are exercising.
- Remember to eat a healthy diet. Along with exercise, it helps to improve your quality of life.
- Exercise with friends, family or pets to try and keep active and motivated.
- Exercise should feel like you are putting in effort but always at a comfortable level. You should not be feeling overly breathless or that the exercise is too hard or difficult.
- An exercise program is part of a management plan for heart failure. See your doctor or cardiac educator for additional information about how to manage heart conditions in the community.

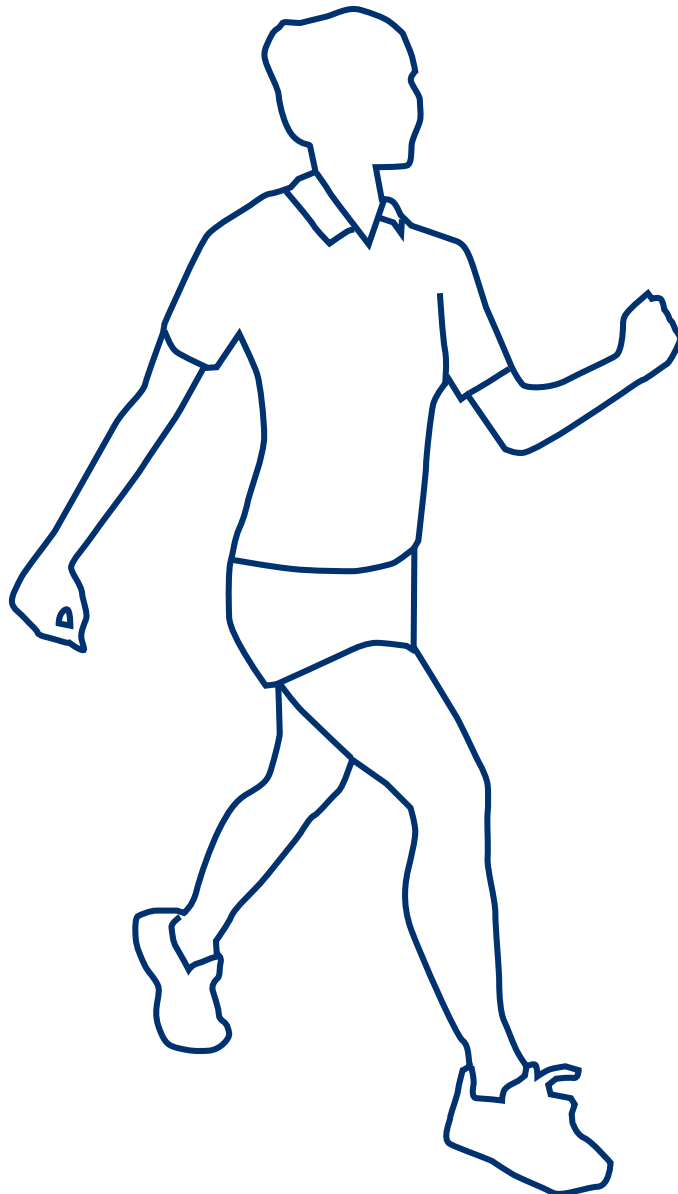


Home exercises for people with heart failure

Warm up

Warm up by going for a 5 minute walk. Remember if you can still talk while you are exercising, you are exercising within your safety limit.

If you have difficulty walking for 5 minutes, keep track of how long you can walk for so you can see improvements.



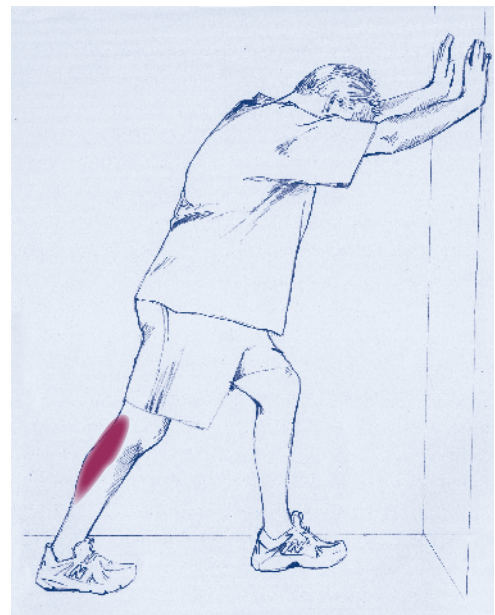
Stretches

All stretches should ideally be held between 15-30 seconds. The stretch should be a comfortable strain on the muscle, not a painful sensation.

Calf Stretch

Supporting yourself against a wall or a chair, place one leg behind the other. Ensure the heel on the back leg is touching the floor. Bend the front leg at the knee. You should feel a stretch in the calf of your back leg.

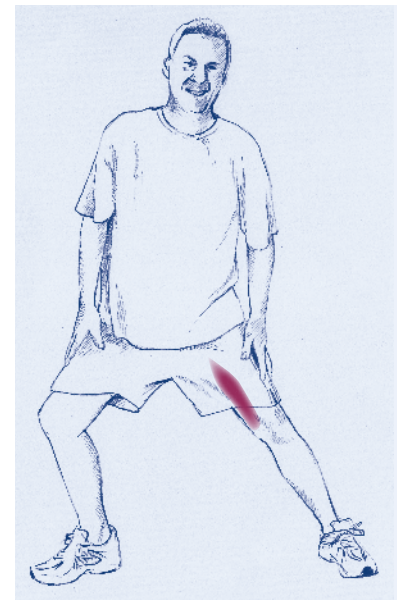
Hold for 15-20 seconds.
Repeat on opposite leg.



Groin Stretch

Spread your legs apart, just wider than shoulder width. Keep both feet flat on the ground, toes pointing forward. Begin to lean to one side. Make sure the knee of the bent leg is over the top of the toes on that leg. You should feel a stretch in the groin of the opposite leg.

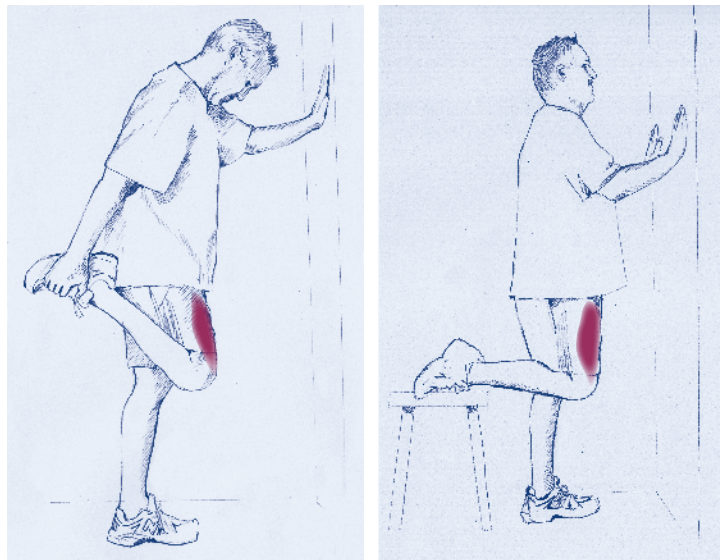
Hold for 15-20 seconds.
Repeat on opposite leg.



Quad Stretch

Grab your ankle and pull heel of your foot towards your buttock. If this is not possible, face away from a chair and place your foot on the chair, as per picture. You should feel stretch down front of leg.

Hold for 15-20 seconds.
Repeat for opposite leg.



Calf/Hamstring Stretch

Place one foot out in front of you, put your heel on ground with your toes facing towards the sky. Keeping your leg straight, lean forward as far as comfortable and try to touch your outstretched foot. You should feel a stretch down the back of your leg.

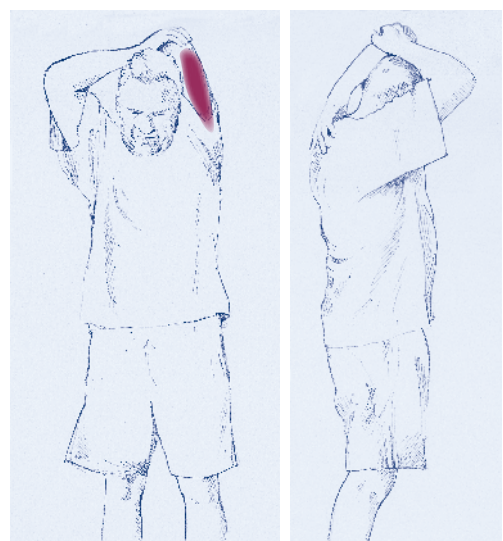
Hold for 15-20 seconds.
Repeat with opposite leg.

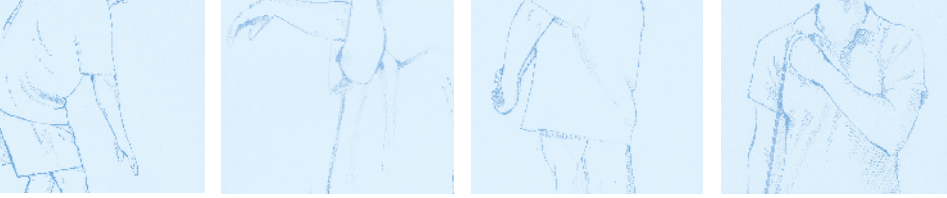


Triceps Stretch

Bend one arm over your head. Use the other arm to push the arm back and hold. You should feel a stretch down the back side of your bent arm.

Hold for 15-20 seconds.
Repeat on opposite arm.





Sternum Stretch

Holding hands together behind back, with back straight push your shoulders, back and chest out. You should feel a stretch through your chest.

Hold for 15-20 seconds.

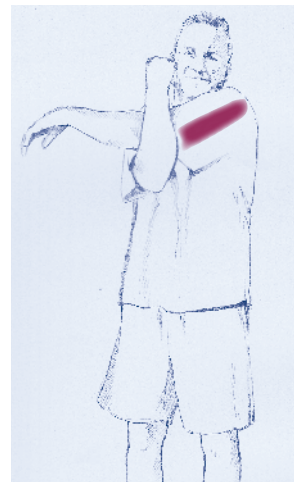
Note: People who have undergone any kind of open heart surgery recently may find this difficult to begin with, but it is an important stretch. Only bring it to the point where you can feel the stretch.



Shoulder Stretch

Place one arm straight across your body, use the other arm to pull it in and hold. You should feel a stretch in the shoulder of the arm going across your body.

Hold for 15-20 seconds.
Repeat with opposite arm.



Back and Shoulder Stretch

Hold your hands together in front of yourself. Keep your back straight and push your shoulders out, try to push your hands away from your body as much as comfortable.

Hold for 15-20 seconds, relax and then repeat 3-5 times.



Exercises

Repeat exercises 2-4 times through the day as you are able. As you improve, increase the number of times (repetitions) you do the exercise. Start with 3-5 repetitions.

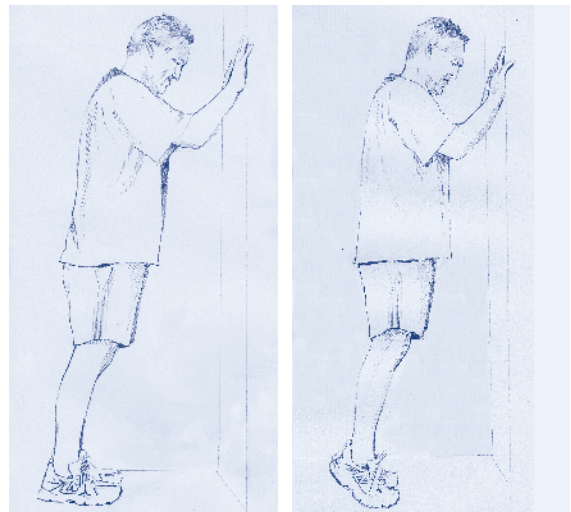
Remember as long as you can speak comfortably while you are exercising, you are not over exerting. Remember to breathe while you are exercising; do not hold your breath.

Calf Raises

Support yourself against a wall or chair, raise yourself onto your toes and then lower yourself back down onto your heels.

Remember to go at a slow controlled speed.

Repeat 3-5 times.

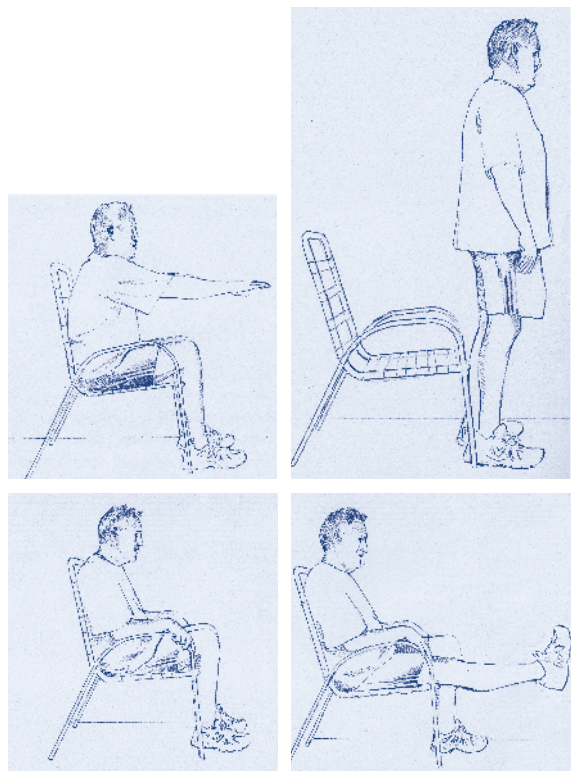


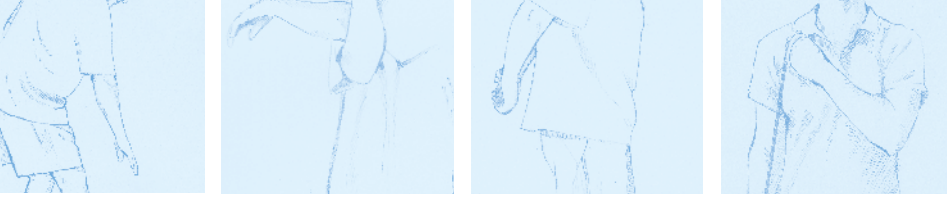
Chair Exercises

Sit in a chair, (*only use a stable chair, preferably with arm rests as well*). Get in and out of the chair 8-10 times or as many times as possible.

Alternative: If you suffer from knee injuries or your knees get sore, simply sit in a chair and raise each leg out in front of you, 1 at a time.

Repeat 8-10 times or as many times as comfortable.



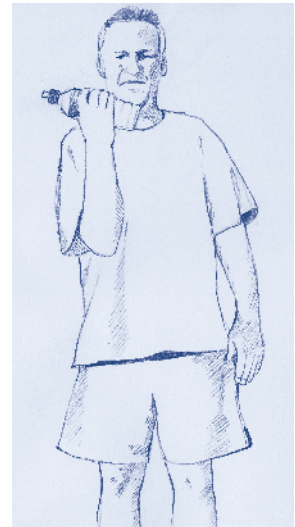


Bicep Exercises

Stand straight up while holding a water bottle. Keeping your upper arm still, bend at the elbow so the bottle almost touches your shoulder.

Repeat 3-5 times then change arms.

Start off with 300mL of water in the bottle, add 100mL each time the exercise becomes too easy. Once bottle is full and the exercise is easy, repeat 15 times for each arm.



Balance

Begin by supporting yourself with a wall or chair. Take one foot off the ground, and try to balance for 5-10 seconds.

Repeat on the opposite leg. When you become confident, try increasing the time you balance for.



Wall Push-Ups

Standing facing a wall, with hands placed slightly wider apart than your shoulder width, lean towards the wall using arms for support, then push away back to original position. You should feel it exercising your chest muscles.

Repeat 3-5 times.



Core Muscle Exercises

Stand with your back against a wall. Make sure that your head, buttock and the back of your feet are all touching the wall for support. Tense all of your stomach muscles and try to pull your belly-button towards your spine.

Hold for 10-15 seconds or as long as comfortable.

Repeat 3-5 times.



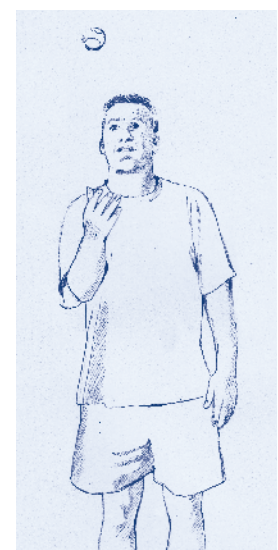
Wall Squats

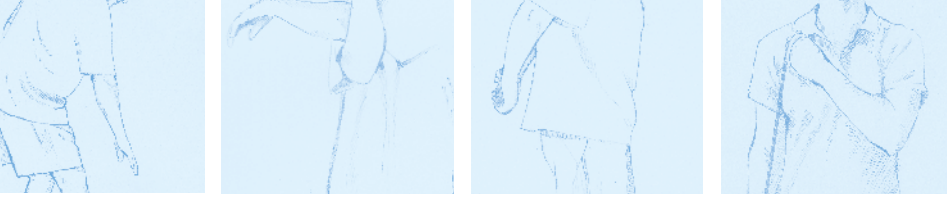
Stand with your back against the wall with your feet a shoulder width apart. Make sure your feet are about half a metre away from the wall. Bend at the knees to the point where you can feel you are comfortably supporting your weight. Then return to original standing position.



Hand-eye Co-ordination

If you have a tennis ball or soft bouncy ball available, spend a few minutes trying to improve your co-ordination. Throwing it up in the air and catching it, bouncing it to yourself, throwing it from one hand to another or playing catch with a friend, relative or pet. Try to improve the number of times you can do it without dropping it. Remember always stay within your limits.





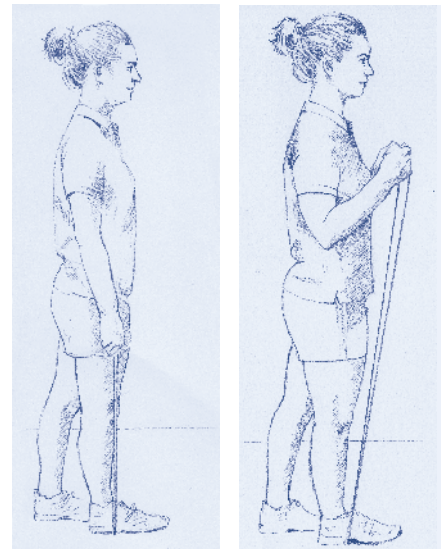
Theraband

Theraband exercises should be performed every second day. All these exercises should be repeated 10-15 times. Ensure that you control each movement in both directions and that you do not release the tension in the theraband at any time.

Gradually increase the repetitions you do till the exercises are easy. This is when you should have a review of your exercise program.

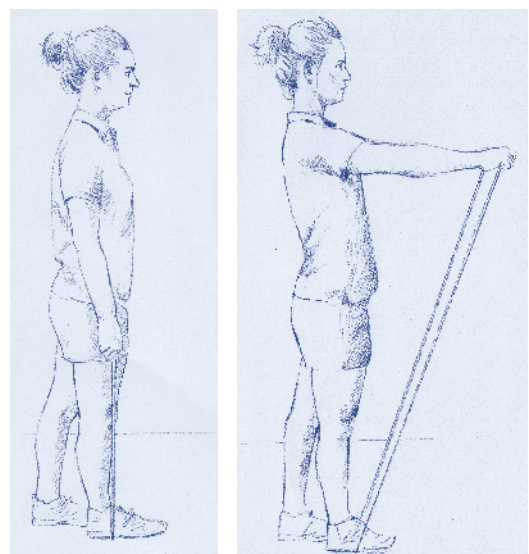
Bicep Curls

Place the centre of the theraband under your foot with ends in each hand. Start with arms parallel to your body and while keeping your upper arms parallel to the body, bend your elbow and bring your forearms up towards your shoulders. Lower your forearms back down to run parallel with your body, being sure to have control over the movement.



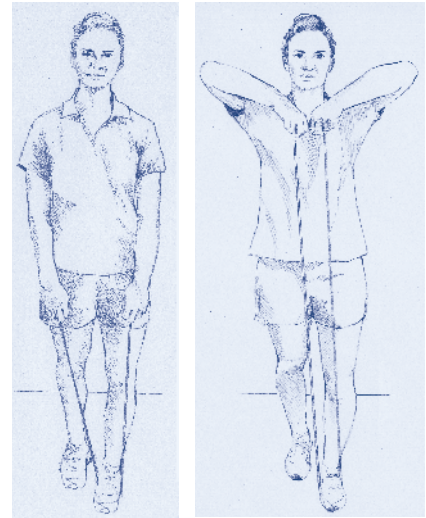
Front Raise

With the theraband under one foot, hold onto both ends with your hands. Start with your arms straight by your side, raise your arms by pulling against the theraband. Keep your arms straight, using your shoulders as the pivot points.



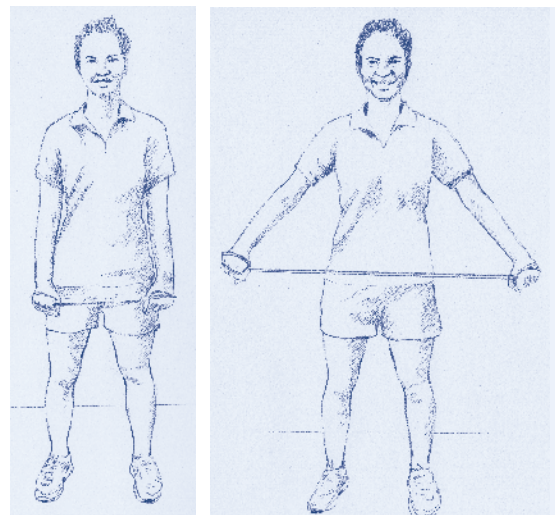
Upwards Row

With the theraband under one foot with your arms hanging vertically in front of you, hold both ends and pull directly up so your hands reach your chin while your elbows point horizontally out from your shoulders. Slowly lower back down.



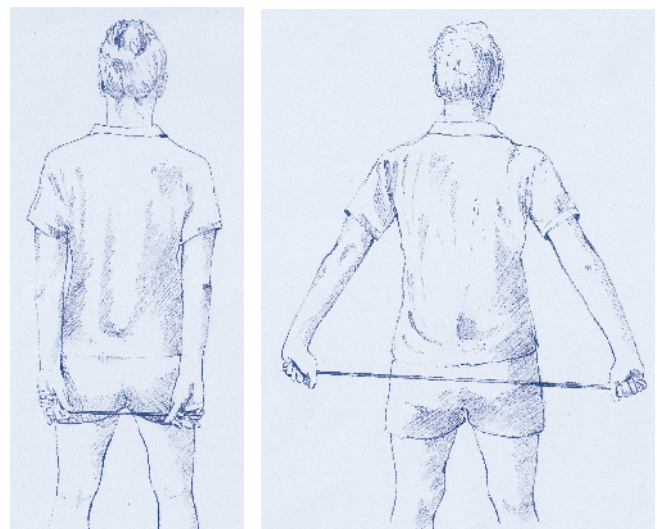
Straight Arms in Front – medial to lateral

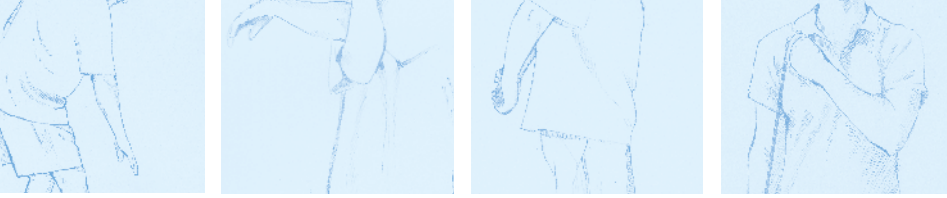
Wrap the theraband around both hands so there is about a shoulder width of band remaining. Hold in front of you with arms down and straight. Keeping your arms straight, pull them out to the sides and slowly back in.



Straight Arms Behind – medial to lateral

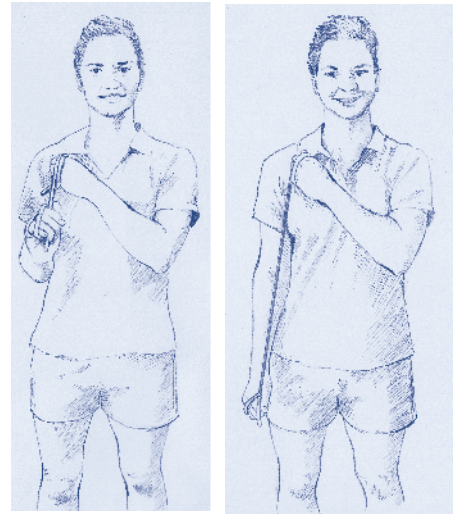
Behind your back, wrap the theraband around both hands so there is about a shoulder width of band remaining. Hold your arms down and straight. Keeping them straight, pull out to the sides and back to the centre slowly.





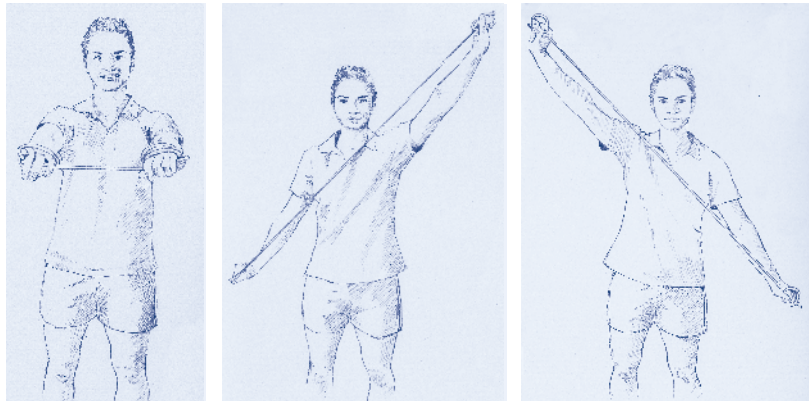
Tricep Extension

Hold one end of the theraband at your left shoulder with your right hand and, keeping your upper arm still and moving your forearm only, pull down on the other end with your left hand. Perform on other side as well.



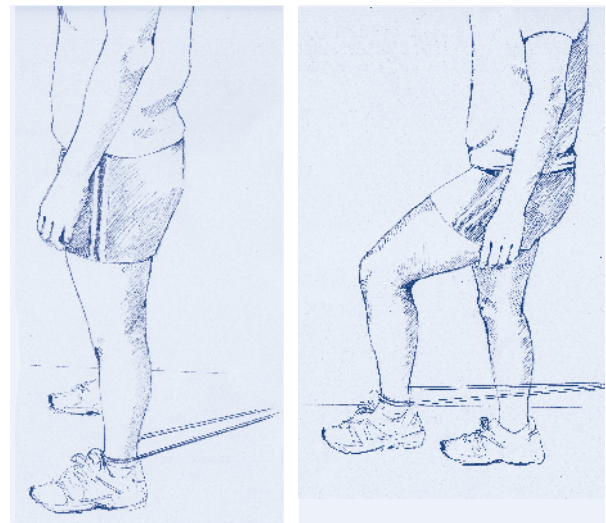
'X' in the air

Hold both arms straight out in front of you with about 30cm of theraband between them. Keeping your arms straight, pull apart diagonally then again in the other diagonal plane, creating an 'X' in the air.



Leg Extensions

Tie the theraband in a loop around a pole, at about ankle height. With your back facing the pole and one foot in the loop pull your leg forward with the knee slightly bent as if to kick a ball then return back to the starting position slowly.



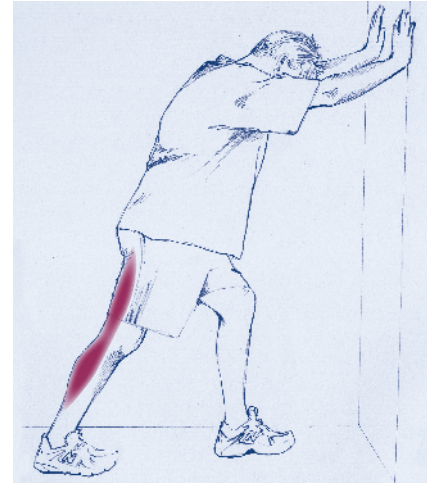
Cool Down

Walk around for 2-5 minutes, then repeat stretches for your cool down.

Calf Stretch

Supporting yourself against a wall or a chair, place one leg behind the other. Ensure the heel on the back leg is touching the floor. Bend the front leg at your knee. You should feel a stretch in the calf of your back leg.

Hold for 15-20 seconds.
Repeat on opposite leg.



Groin Stretch

Spread your legs apart, just wider than shoulder width. Keep both feet flat on the ground, with your toes pointing forward. Begin to lean to one side. Make sure the knee of the bent leg is over the top of the toes on that leg. You should feel a stretch in the groin of the opposite leg.

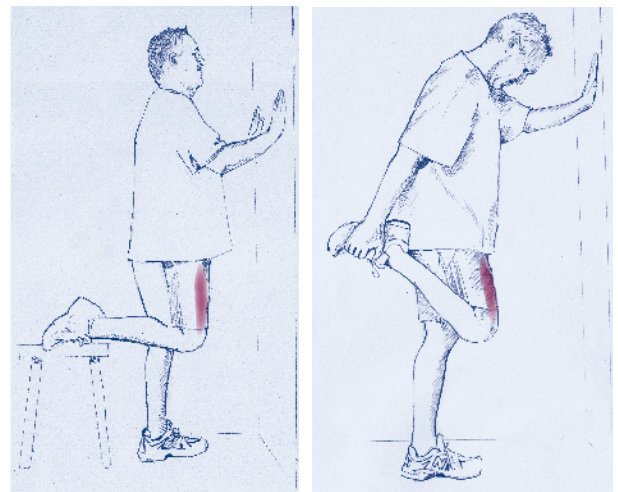
Hold for 15-20 seconds.
Repeat on opposite leg.

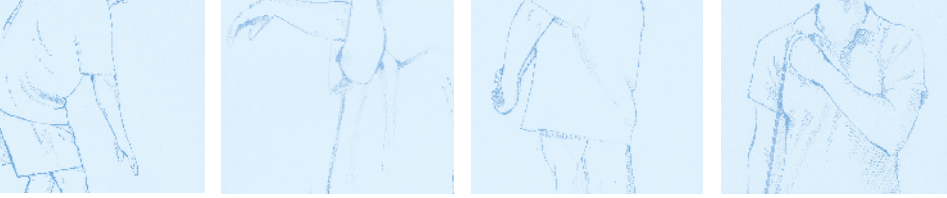


Quad Stretch

Grab ankle and pull the heel of your foot towards your buttock. If this is not possible, face away from a chair place lower leg on chair. You should feel stretch down the front of your leg.

Hold for 15-20 seconds.
Repeat for opposite leg.

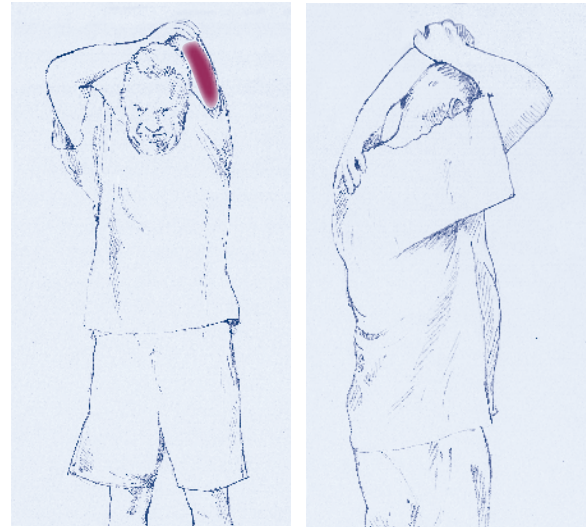




Triceps Stretch

Bend one arm over your head. Use the other arm to push your arm back and hold. You should feel a stretch down the back side of your bent arm.

Hold for 15-20 seconds. Repeat on opposite arm.



Shoulder Stretch

Place one arm straight across your body, using the other arm to pull it in and hold. You should feel a stretch in your shoulder of your arm going across your body.

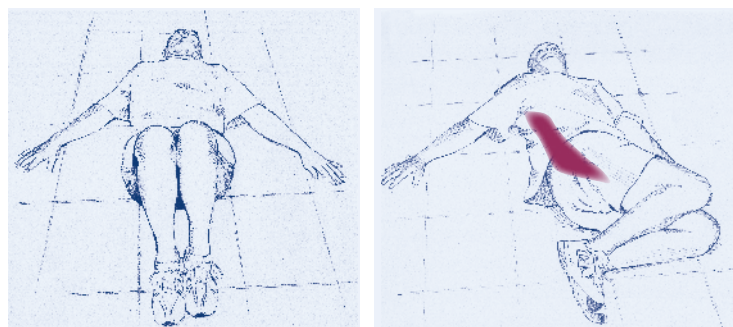
Hold for 15-20 seconds. Repeat with opposite arm.



Lower Back Stretch

Laying flat on your back, in a place which is comfortable, such as a bed or the floor. Bend your knees so your feet move towards your buttock. Keeping your knees together and your back flat on the ground, slowly lower your knees to one side, then the other. You should feel a stretch in your lower back.

Repeat for 15-20 seconds.



Record



Home exercises for people with heart failure

4 Week Program	Warm Up	Stretches	Exercises	Therabands	Cool Down
Monday					
Tuesday					
Wednesday					
Thursday					
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