

Cardiac Rehabilitation

Low-Level Home Exercise Programme



- Leg-based exercise is the best type of exercise for your heart. If you feel able, walking is one of the best things you can do.
- Build-up gradually. This may start with parking further away at the supermarket or using stairs instead of lifts.
- If you are less able, start on level 1.
- Move onto level 2 or 3 if you feel able, once this has been discussed with the physiotherapist.



Level 1

- Sat in a chair, slowly go up onto your toes alternately.
- Start doing this for 1 to 2 minutes. If you feel able, increase the duration.
- If you feel tired or breathless, stop.
- If you can, do this little and often, ideally 2 or 3 times a day or more.
- This exercise can be done watching TV or listening to music to make it more enjoyable.
- If you feel able to do more than level 1 try level 2.
- The aim is to work at a comfortable level, getting your breathing up a little, without becoming overly tired or breathless. If at any stage you feel breathless, reduce what you are doing.

Level 2

- Start by going up onto your toes alternately, as level 1. Do this for a few minutes.
- Next, tap your feet forwards and back on alternate legs. Repeat this for a few minutes.
- Then, if you still feel comfortable, march your legs while sitting in the chair. If you feel able, use your arms to increase the work on the heart even more.



- Do the opposite of the above exercise to cool down and allow your heart rate to return to it's resting level.



Level 3

- Build-up your exercise intensity in the chair as level 2.
- After 10 or 15 minutes of chair-based exercise, get up and have a walk around the house or on the spot (holding onto support if required).
- Return to the chair and cool-down in the opposite manner to warming-up.
- If you feel that level 3 is too easy, you may be appropriate for the standard home exercise booklet. Please discuss this with the physiotherapist.



If you have any questions or concerns please contact:

The Cardiac Rehabilitation Team at
Bassetlaw Hospital on Tel: 01909 572944.

Clinical Therapy

Patient Advice and Liaison Service (PALS)

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net