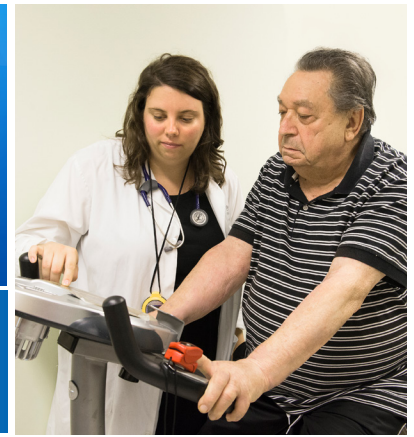


Moving to live better with my COPD



Moving has many benefits when you have chronic obstructive pulmonary disease (COPD). Doing physical activity is often easier than you think. This health sheet tells you how to do it. It also presents an exercise program.

Why do I need to do these exercises?

Because of COPD, you get out of breath more easily. For this reason, you may be doing less physical activity. It then becomes harder and harder to make any effort, and you get out of breath even faster. But the more you move, the more you'll be able to resist fatigue and get stronger.

What benefits will I get from these exercises?

There are many.

- They reduce your shortness of breath, both at rest and during physical activity.
- They give you more stamina and allow you to move more.
- They reduce the risk of complications related to staying in bed for a long time (such as less efficient lungs, buildup of secretions).

- They reduce the number of your hospital stays.
- They shorten the time it takes for you to get back to normal (recovery) when your symptoms (coughing, secretions, shortness of breath) are more intense (exacerbation).
- They increase the long-term effects of medications (corticosteroids).
- They lower your anxiety.
- They give you a sense of well-being and improve your quality of life.

How can I move more?

You can:

- dance
- do your household chores
- park your car further away from the entrance
- do the program presented in this sheet



When can I start doing physical activity?

As soon as your health is stable. If you're in a period where your symptoms are more intense, ask your physiotherapist or lung rehab kinesiologist what exercises you can do.

What time of day can I do my exercises?

You can choose the time that suits you best. But it's best to wait 1 hour after eating. Use your inhaler 15 minutes before starting your exercises.

What equipment do I need?

You'll need:

- loose, comfortable clothing
- closed shoes
- 1 or 2 weights or 1 or 2 cans (food or drink) as needed
- a chair with armrests
- a bottle of water



Are there any precautions to take?

Be on the lookout for any abnormal signs. If you have any of the following symptoms, stop exercising right away and call Info-Santé at 8-1-1.

- chest pain
- severe joint pain
- dizziness or loss of balance (vertigo)
- trouble breathing that lasts longer than usual
- headaches that keep you from doing things.



What are the stages of a workout?

PHASE 1: WARM-UP

For it to be effective, your body needs to get used to moving bit-by-bit. So the stages build up gradually.

This phase helps prepare your body and muscles. It takes about 5 minutes. You should be a bit warm and sweating a little.

You can:

- walk in place slowly
- dance
- move your legs and arms while on the edge of the bed or sitting in a chair



Moving your legs outside of the bed helps you warm up.

PHASE 2: CARDIOVASCULAR EXERCISES

These exercises improve breathing and stamina. Try to do activities you enjoy. You'll be more likely to continue. For instance, you can:

- walk at medium speed outside or in the house
- go up and down stairs
- dance
- do a little housework
- do some aquafitness
- ride a stationary bike or go biking outside



Stationary bike.

Your goal should be to do your chosen exercise for a total of 30 minutes. At first, if you're not very active, you probably won't be able to do it without stopping. So you can start with shorter sessions. You'll do them several times during the day to reach a total of 30 minutes (3 x 10 minutes, for example).

You shouldn't stop these exercises all at once. You should gradually reduce the intensity over 5 to 10 minutes while taking deep breaths. This lowers your heart rate, helps your body cool down, and reduces the risk of a rapid drop in blood pressure. If you're very short of breath, breathe through pursed lips.

How often should I do these activities?

It's important to move every day, all year round. Aim for 3 to 5 times a week, depending on how much exercise you can tolerate. Regular activity will help you maintain the health benefits.

How can I respect my limits?

To measure your exertion, you can use the Perceived Exertion Scale (PES). Also known as the "modified Borg scale", it will help you stay within your limits. Aim for exertion that's between 3 and 6 on the scale. It's normal for you to be sweating a little more than when you were warming up or to feel mild to moderate muscle pain.

Perceived exertion scale

Exertion level	Perceived intensity
0	None at all
0,5	Very, very easy
1	Very easy
2	Easy
3	Moderate
4	A little hard
5	Hard
6	Harder
7	Very Hard
8	
9	Very, very hard
10	Maximum

PHASE 3: STRENGTHENING EXERCISES

These will help strengthen your arm and leg muscles. They'll also improve your breathing and make your daily activities easier. You'll find the exercises and how to do them on page 5.



Knee extension exercise.

PHASE 4: COOL-DOWN

The session ends with breathing exercises combined with stretching. These help relax the chest muscles, which are often very tight in patients with COPD. Some cool-down exercises are suggested on page 13.



Cooldown exercise with upper body rotation

Sexual activity is also a form of exercise. Vary the positions depending on your breathing. If in doubt, talk to your doctor.

What if I need to cancel or reschedule an appointment?

Call the CHUM's appointment centre Monday to Friday between 7:30 a.m. and 4:30 p.m.

☎ 514 890-8051

Who can I call for help or to ask questions?

For any health concern related to your COPD, you can call the **CHUM Patient Health Line**.



CHUM PATIENT HEALTH LINE

514 890-8086

24 hours a day, 7 days a week

You're a CHUM patient? You have questions about your health status? A nurse can help you.



USEFUL RESOURCES

National Program

Living well with COPD

livingwellwithcopd.com

For health sheets on COPD, see the link below.

Type "COPD" into the search bar.

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online.
chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the advice of your healthcare professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca



To get the most out of these exercises, it's important to follow certain guidelines:

- Don't hold your breath.
- Do these exercises slowly.
- Do these exercises at least 3 times a week.
- Repeat each exercise 5 to 10 times.
- The last repetitions should be more challenging. If they aren't, lift a can or a small weight at the same time. Start with a 1/2-kg or 1-kg weight (about 1 or 2 pounds).
- If you feel comfortable, you can do 2 sets of the same exercises in a row.
- You can also spread your exercises over the day to make them shorter.

Elbow flexion

Starting position



Sitting in a chair with armrests, back against the backrest, palm facing upward.

Action



Inhale before you start. Bend your elbow upward as you exhale. Unbend it as you inhale. Repeat 5 to 10 times. Do the same with the other arm.

Leveling up



Do the same exercise while holding a light weight in your hand.

Hip flexion

Starting position



Sitting in a chair with armrests, back against the backrest, arms on the armrests.

Action



Inhale with both feet on the floor. Lift one thigh upward as you exhale.

Bring it back down.
Repeat 5 to 10 times.
Do the same with the other leg.

Leveling up



Standing, both hands supported on a stable surface.



Inhale with both feet on the floor. Lift your thigh upward as you exhale.

Bring it back down. Repeat 5 to 10 times.

Do the same with the other leg.

Knee extension

Starting position



Sitting in a chair with armrests, back against the backrest, arms on the armrests.

Action



Inhale with both feet on the floor. Extend your leg forward as much as possible while you exhale.

Bring it back down. Repeat 5 to 10 times.

Do the same with the other leg.

Leveling up



Standing, both hands supported on a stable surface.



Do squats: Bend your knees as you lower your body slightly downward. Come back to the starting position. Inhale as you bend your knees and exhale as you come back up.

Repeat 5 to 10 times.

Sitting to standing

Starting position



Sitting in a chair with armrests, back against the backrest, arms on the armrests.

Action



Inhale while sitting.
Stand up as you exhale.

Sit back down.

Repeat 5 to 10 times.

Leveling up :

Do it without using your hands.

Hip abduction (moving the hip away from the body's midline)

Starting position



Lying on your back on a bed, legs straight, arms at your sides.

Inhale while your feet are together.

Action



Slide one leg outward as far as possible as you exhale.

Keep the foot and knee facing upward.

Come back to the starting position.

Repeat 5 to 10 times.

Do the same with the other leg.

Leveling up

Starting position



Standing, with one or both hands supported on a stable surface.

Inhale with both feet on the floor.

Action



As you exhale, raise one leg sideways, keeping the foot and knee facing forward. Don't lean sideways.

Bring the leg back down.

Repeat 5 to 10 times.

Do the same with the other leg.

Plantar flexion (calves)

Starting position



Sitting in a chair with armrests, back against the backrest.

Action



Inhale with your heels on the floor. As you exhale, raise your heels; only the tips of your feet should touch the floor.

Bring your heels back down to the floor.

Repeat 5 to 10 times.

Leveling up

Starting position



Standing, both hands supported on a stable surface.

Action



Inhale with your heels on the floor. As you exhale, raise your heels so that you're standing on the tips of your feet.

Bring your heels back down to the floor.

Repeat 5 to 10 times



Questions

Write down any questions you want to ask your care team so you don't forget anything.





Observations - Comments

Write down observations you feel are important: your symptoms, treatments, follow-up, energy level, spirit, etc.





Upcoming appointments



Resource people and contacts

Write down phone numbers, email addresses and websites that could be useful.