





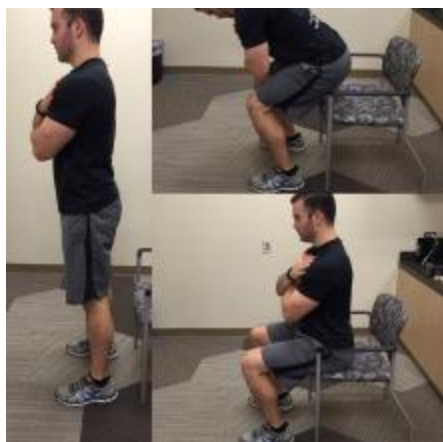


# Pulmonary Rehabilitation Exercises

	<p><b>Standing Military Press</b></p> <p>Start with dumbbells in front of shoulders at about eye level. Thumbs point towards one another.</p> <p>Lift straight up overhead.</p>	<p>Reps:</p> <p>Sets:</p> <p>Hold: n/a</p> <p>Timed For:</p>
	<p><b>Hamstring Stretch</b></p> <p>Sit on firm surface with one leg up and other leg down. (Make sure leg that is down is supported on floor or stool).</p> <p>Keeping outstretched leg straight and back straight, toe pointed straight up, bend forward at the hips until a stretch is felt in the back of leg that is up.</p>	<p>Reps:</p> <p>Sets:</p> <p>Hold: 30 seconds</p> <p>Timed For:</p>
	<p><b>SEATED BICEP CURLS - ALTERNATING</b></p> <p>While sitting in a chair and holding free weights on each thigh, lift one side while bending at the elbow. Perform on one side and then alternate to the other side.</p>	<p>Reps:</p> <p>Sets:</p> <p>Hold:</p> <p>Timed For:</p>

	<p><b>Front raises with Weights</b></p> <p><b>(Shoulder flexion to 90 degrees with light weights)</b></p> <p>Begin with arms at your side and palms facing in. Start to raise your arms keeping them straight out in front of you and lift to shoulder height keeping shoulders back and depressing scapula as you raise your arms.</p>	<p>Reps:</p> <p>Sets:</p> <p>Hold:</p> <p>Timed For:</p>
	<p><b>Tricep Extensions with band</b></p> <p>Start with elbows at sides and holding exercise band in each hand. Extend straightening elbows and then slowly return. Keep elbows tucked at sides.</p>	<p>Reps:</p> <p>Sets:</p> <p>Hold:</p> <p>Timed For:</p>
	<p><b>Abduction/Adduction with bands</b></p> <p>Lie down on your back with your knees bent. Place an elastic band around your knees and then draw your knees apart.</p>	<p>Reps:</p> <p>Sets:</p> <p>Hold:</p> <p>Timed For:</p>



### **Squats from chair or elevated table depending on ability**

With hands by your sides or crossed in front of you, bend forwards at the hips, like you are going to sit back on a chair (get your hips as far away from your ankles as you can) and then return to standing. Use the table or chair below as a target to hit as you pivot from the hips.

#### **Advancement:**

1. With hands out in front of you
2. Go Very SLOWLY (should take you 5 seconds to go all the way down)

#### **Special Cues to patient:**

- Keep your bottom back
- Don't let your knees travel past your toes
- Keep knee's pointing forward (don't let touch)
- Have your feet firmly planted in ground

Reps:

Sets:

Hold:

Timed For:



### **Leg Extension sitting(no weight)**

#### **LONG ARC QUAD - LAQ**



While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.

Reps:

Sets:

Hold:

Timed For:

	<p><b>Leg Curl from standing at a desk or table (no weight)</b></p> <p><b>STANDING HAMSTRING CURLS</b></p> <p>While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat.</p> <p><b>Special Cues to patient:</b>          Keep knees in-line with one another.          Don't flex at the hip!</p>	<p>Reps:</p> <p>Sets:</p> <p>Hold:</p> <p>Timed For:</p>
	<p><b>Leg Lift lying on back</b></p> <p><b>Straight Leg Raise</b></p> <p>While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Do not lift higher than the other knee. Keep one knee bent to protect the back.</p> <p><b>Advancement:</b></p> <ul style="list-style-type: none"> <li>• Go Very SLOWLY (should take you 5 seconds to go all the way down)</li> </ul>	<p>Reps:</p> <p>Sets:</p> <p>Hold:</p> <p>Timed For:</p>



### **Arm/side stretch - Reaching for the ceiling**

#### **lateral trunk stretch**

Stand up straight. Raise one arm up over head and then bend to opposite side. Hold, Straighten then bend to opposite side.

#### **Advancement:**

- Incorporate a slow breath with the arm motion - inhale with arm raise and exhale return to the original position

Reps:

Sets:

Hold: 30 seconds (unless doing breathing with motion)

Timed For:



### **STANDING CALF STRETCH - GASTROC**

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Reps:

Sets:

Hold: 30 seconds