

# ***Patient Education***

## ***Pulmonary Rehabilitation***

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# Welcome to Pulmonary Rehab

**This handout is designed to help you get started in our program. We encourage you to read it before coming to your first class. Feel free to ask questions or to share concerns. We are here to help you on the road to wellness.**

Welcome from the staff of Pulmonary Rehab! We are looking forward to working with you as you learn how to deal with your lung disease. After being diagnosed with lung disease (such as emphysema, asthma, chronic bronchitis), you may have a lot of questions, or concerns such as:

- Will I ever feel better?
- How can I control my breathing so it doesn't control me?
- What does the future hold?
- How can I increase my stamina?
- How do I control my panic times?

Pulmonary Rehab is designed to help you answer these questions and help you develop ways to take good care of yourself.

### **What can I expect?**

You will be given a schedule that will include your exercise and educational session times. Classes will include exercises and education sessions that will address your individual ability and needs.

Educational sessions will include:

- Breathing Retraining
- How Your Lungs Work
- What Is Lung Disease?
- Nutrition
- Stress and Anxiety Management
- Panic Control

***There are water fountains in the gym, but some patients prefer to bring their own water bottle.***

***Because there are many people in class who have very sensitive airways, we ask that you avoid wearing perfume, aftershave or scented lotions to class. Thanks!***

- Energy Conservation
- Medications
- Inhaler Use
- Using Oxygen

### **Attendance**

Regular attendance is very important. Each class builds upon the knowledge and experience you have gained from the class before. We encourage you to be committed to each class and to read the handouts as you receive them. Please let us know if you need to be absent.

- Please arrive at the rehab waiting area 15 minutes before your scheduled exercise time so you can rest prior to exercise.
- You do not need to check in with the rehab receptionist. Pulmonary rehab staff will escort you into the gym at your scheduled exercise time.
- Pulmonary rehab staff will give you a parking validation sticker during your exercise session.
- Please return your **patient location form** and **medications list** on the first day of rehab.

### **Medications**

- Please inform the staff if you have any changes in your medications.
- Bronchodilators should be taken 1 to 2 hours prior to exercise.

### **Symptoms**

- It is not uncommon to experience some slight joint or muscle soreness the first week or two of a new exercise program.
- Report any unusual/sudden weight gain, or swelling of ankles, feet or abdomen to the staff.
- Report any new or changing symptoms to the staff whether they occur in class or at home.

### **Illness**

- Do not come to rehab if you are ill, but please call rehab and let us know that you will not attend class.

## Clothing

- Wear comfortable and loose clothing. Be sure to wear a comfortable pair of supportive walking shoes.

## Food

- Avoid moderate to heavy meals for at least 2 hours prior to exercise class. A light snack is advisable about 1 hour prior to class if you have not eaten in several hours.
- As a safety precaution, it is recommended that gum NOT be chewed in exercise class.

## Phases of Your Exercise Session

### *Warm-up (5 to 10 minutes)*

- Increasing your activity gradually for at least 5 minutes before exercising helps your body prepare for the increased demands of more vigorous exercise.
- Move at a pace that feels comfortable to you. You can always slow down a movement or do the same exercise while sitting in a chair.

### *Aerobic Phase (20 to 30 minutes)*

- This phase consists of exercise using stationary bicycles, treadmills, rowing machines and other types of cardiovascular equipment.
- Aerobic exercise increases the demand on your heart, lungs, and muscles. When done on a regular basis, your cardiovascular system will become stronger and better able to meet the demands of increased activity in your daily life.
- Pace yourself according to your shortness of breath and overall feeling of effort. Methods of rating yourself in these two areas are explained in greater detail in the next few pages. The Pulmonary Rehab staff will help you to determine an appropriate exercise pace on each piece of equipment.
- If you find yourself working too hard according to your shortness of breath and perceived exertion level, it is important to slow down. Pushing yourself too hard will not help you meet your goals any faster – and it can be harmful.

***One of the best ways to warm up for an activity at home or at the gym is to do the activity itself but at lower intensity. For example, walk or bike slowly for at least 5 minutes before increasing the pace on a treadmill or bike.***

**Move through strengthening and flexibility exercises in a slow, controlled manner. Do the best you can, but never push to the point of pain.**

**Do Not Hold  
Your Breath!**

### ***Cool-down (5 to 10 minutes)***

- A safe and effective way to cool down is to walk slowly for several minutes after you finish your last aerobic exercise, or to stay on the equipment for a few more minutes but at a slower speed.

### ***Strength and Flexibility Exercises***

- After you cool down, a staff member will lead the group through several strength and flexibility exercises.
- Increasing your muscular strength and flexibility will help you to maintain good posture, improve your ability to carry out daily activities, improve your balance, and reduce your risk of injury.
- Move through these exercises in a slow, controlled manner. Do the best you can, but never push to the point of pain. **Do not hold your breath!**

## **How to Take Your Pulse**

### ***Wrist***

Lightly place the first two fingers of your hand on the thumb side of your other wrist. You will feel the pulsation between the tendons in the center of your wrist and the wrist bone directly down from your thumb. Count for 10 seconds and multiply by six. This will give you your pulse rate for one minute.

### ***Neck***

If you cannot find your pulse at the wrist, find your Adam's apple with your first two fingers. Move 1½ inches to the right or left to feel your carotid pulse. Press lightly on only one side of your neck at a time. Count for 10 seconds and multiply by six. This will give you your pulse rate for one minute.

## **The Borg Scale**

### ***Perceived Leg Fatigue***

Perceived leg fatigue refers to how tired your legs feel during exercise. The scale is used to judge how much physical stress you are experiencing with exercise. A rating of "0" is equivalent to no exertion at all – like how your body feels when you are relaxed in your easy chair watching TV. A rating of "10" is equivalent to the most exertion you have ever done, your maximal effort or where you would need to stop because it is much too strenuous.

### ***Perceived Breathlessness***

Perceived breathlessness uses the same scale, but refers to your breathing instead. It is normal to get more short of breath with exercise, but you should not be out of control with your breathing. Ideally, we would like you exercising with perceived leg fatigue and breathlessness in the range of 3 to 5. If you are out of that range, we may need to modify your exercise routine slightly.

During exercise we will ask you something like, “How hard do you think you are breathing?” and, “How tired are your legs?” At that time, we would like you to state the number that best describes how you feel, using the scale below.

### **Borg Scale for Perceived Breathlessness and Leg Fatigue**

0	=	Nothing at all
0.5	=	Very, very slight
1	=	Very slight
2	=	Slight
3	=	Moderate
4	=	Somewhat severe
5	=	Severe
6		
7	=	Very severe
8		
9	=	Very, very severe (almost maximal)
10	=	Maximal

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