



Strengthening Exercise Band Routine

ONE WAY TO STAY ACTIVE AT HOME



**BRITISH COLUMBIA
LUNG ASSOCIATION**

Exercising with a long-term lung condition

People with long-term lung conditions can help improve their symptoms through regular exercise.

If you have a long-term lung condition, the thought of becoming quickly out of breath can be daunting and you may not feel motivated to exercise. It can be tempting to avoid exercise because you think it will make you breathless. But if you do less activity, you become less fit and daily activities will become even harder.

It is best to ask the guidance of your healthcare provider or physiotherapist before you begin exercising, to ensure that your exercise plans are safe and in line with your capacity.

All exercise programs must be built up over time to allow the body to adapt. It's important that you exercise at your own pace. If you reach a stage where you are too breathless to talk, then slow down the pace or, if necessary, take a short pause.

The more you do, the more you will be able to do!



Strengthening exercise band routine with instructions

- Begin with a 5 minute warm-up: a leisurely walk around the back garden or walking up and down the hallway/stairs.
- Finish with 5 minutes of gentle cool down, similar to your warm up.
- Perform 1 set of 10 repetitions for weeks 1 to 2.
- Perform 2 sets of 12 reps for weeks 3 to 16.
- Begin with the **orange** band.
- Perform exercises to 'mild' fatigue on the last repetition using rating of perceived exertion.
- Progress to the next colour band when you are able to perform more repetitions than prescribed before reaching fatigue.
- Perform these exercises twice a week at home.




Time to get started...



Rate of Perceived Exertion (RPE)

The RPE scale is designed to measure the intensity of your exercise. It's a simple way to rate your own level of difficulty for a specific physical activity. This can help you monitor your own exertion, stay in the safe zone, and track your own improvement.

Start your new exercise band routine by using the easiest band (orange). Work up to the green band next and blue (hardest) last. You're ready to move onto a different-coloured band once you are comfortable working vigorously (yellow on RPE scale below) with the band currently in use.

	Max Effort feels impossible to continue, completely out of breath, unable to talk
	Very Hard Activity difficult to maintain exercise intensity, hard to speak more than a single word
	Vigorous Activity on the verge of becoming uncomfortable, short of breath, can speak a sentence
	Moderate Activity feel like you can exercise for long periods of time, able to talk and hold short conversations
	Light Activity feels like you can maintain for hours, easy to breathe and carry on a conversation
	Very Light Activity anything other than the complete rest



Sit to Stand

Make sure you have a sturdy chair that won't slip – consider putting the chair back against the wall for safety and wear shoes that have some grip. Sit in the middle of the chair with your feet flat on the floor, slightly back from your knees.

You can use your arms to push off the handrails of the chair, or to make it harder, cross your arms over your chest. Lean forward to bring your nose over your toes and push up with your legs to a standing position.

To sit, bend a little at the knees to push hips towards the chair and lower the body to a seated position. Try to lower yourself slowly if you can! Pause and then repeat.



Hip Flexion

Wrap the band around your legs just above the knees so your legs are together. Hold the band in both hands to maintain band tension. Sitting tall, raise one leg, hold for a count of 3 and then lower. Repeat with the opposite leg.



Seated Row

Start with the band under both feet. Sit with your lower back touching the chair back. Grasp the band with both hands and pull the elbows straight back, keeping the arms close to your body. Hold for a count of 3. Return to start position. Repeat.



Single Leg Balance

Use a chair or a counter for support to start. Standing tall, lift one leg off the ground and count to 10. Repeat with the other leg. To make it harder, try to use two fingers to hold on, progressing to not holding on at all.

Even harder – close your eyes! But make sure you have something supportive close by. Gradually increase the amount of time you can stand on each leg to improve your balance.



Resisted Leg Extension

Sitting in the chair, put the band around one foot. Hold the tubing firmly with both hands. Push your foot out to straighten the leg. Hold for a count of 3. Relax and then repeat. Switch the band to do the other leg.



Chest Pull

Start in sitting with good posture. Hold the band in front of you with both hands at about shoulder width apart. Pull the band out to the side, bringing it close to your chest. Keep your spine straight!

Hold for a count of 3 (don't worry if you can only go part way – you can make this easier by moving your hands on the band farther apart to start). Return to the starting position. Repeat.



Bicep Curl

Start with the band under both feet. Grasp the band in both hands. Keep your palms up towards the ceiling. Bend your elbows and bring hands up to your shoulders. Lower slowly and repeat.



Squat

Start in standing with the band under your feet at approximately hip width apart. Grasp the end of the bands with your hands by your sides. Keeping your elbows straight, slowly bend your knees while leaning forward slightly at the hips.

Keep tension in the band with elbows straight. Slowly stand up, keeping your arms at your sides. Repeat.



Shoulder Shrugs

Stand on the middle of the band with both feet and grasp both ends of the band by your sides. Keep your elbows straight and lift your shoulders upward and then back, making a half circle with your shoulder. Try to keep the arms straight while you are doing the motion. Repeat.



Reverse Fly

In sitting, start with the band under both feet about hip width apart. Cross the band and grasp with both hands. Pull band out to the sides, hold for a count of 3 and return to the start position. Try to keep your back straight when doing this.



Darcy Murdoch (left) is a Pulmonary Fibrosis Survivor and Lung Transplant Recipient. Today, he's a busy lung health and patient advocate. Big thanks to Darcy for volunteering to demonstrate the exercise routine you see here!

Explore more home-based exercise options

Visit BC Lung at www.bc.lung.ca to explore more 'how to stay active at home' routines, relaxation techniques and breathing control tips recommended by lung and rehab experts. They can all be found under the Patient Support section.



With thanks to Vancouver Coastal Health's Jane Burns, Physiotherapy Lead (left) and Carmen Rempel, Respiratory Therapist & Educator (right) for their help putting this document together.





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