

RESPIRATORY EHABILITATION

Upper Body Exercises

Strengthening upper body muscles will allow you to do more work with your arms before becoming SOB (short of breath), ie. carrying groceries, etc.

The following exercises are done with breathing control. Sit erect in a chair with your arms at your side.

Do the exercises checked off by your therapist.

*Start with 5-8 repetitions without a weight - unless otherwise specified by your therapist.

Acknowledgements:

We wish to thank Ernie and Grace Hertzog, and Shirley Storey - who gave their permission to use their photographs in this brochure.

Biceps Curl

To strengthen upper arm muscles

To Do



1. Sitting in a chair, wrap weights around your wrists, or hold onto dumbbells



2. Bend arm (or arms) at the elbow to lift the weight toward your shoulder



3. Slowly lower your arm(s) to the starting position

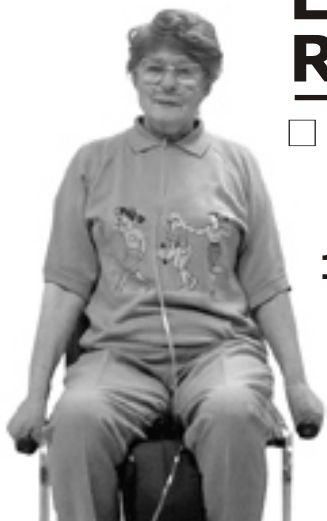
When you can perform eight lifts in good form, increase the weight

__ Repetitions

__ Weight

Lateral Shoulder Raises

To Do



1. Sit with arms hanging down beside body; elbows slightly bent. Hands are holding weights with the palms facing the body



2. Raise arms up and away from each side of the body, keeping elbows slightly bent with palms facing the floor. The upward movement ends with raised arms slightly higher than shoulder level. Slowly lower the weights down to complete the motion

__ Repetitions

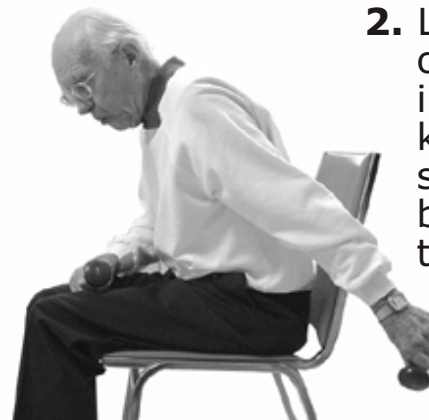
__ Weight

Seated Triceps

To Do



1. Sit in a forward-lean sitting position (similar to the SOS for SOB position)



2. Leave one arm resting on knees. With a weight in the other hand and keeping the elbow straight, raise the arm backwards. Repeat with the other arm

__ Repetitions

__ Weight

Seated Cross-Overs

To Do



1. Sit on chair with feet flat on floor. Lean forward slightly with your back straight. Avoid crunching your shoulders up to your neck. With a weight in each hand, extend arms towards the floor with palms facing the back wall. The right weight rests on your left thigh, the left weight rests on your right thigh

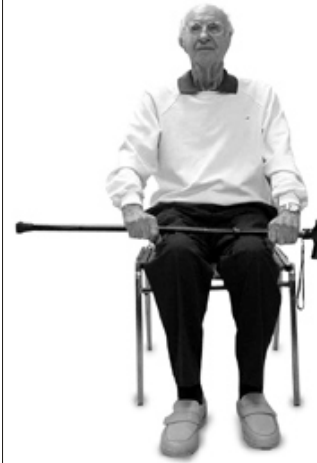


2. While inhaling, lift your arms, with slightly bent elbows up in front of you, until weights are out-stretched above either side of your head. You should feel your shoulder blades come closer together, as you lift the weights. While exhaling, slowly reverse the motion, lowering the weights back to the starting position.

___ Repetitions ___ Weight

Arm Raises Using a broom/cane

To Do



1. Begin by sitting in a chair and using relaxed breathing control. Grasp the stick with palms facing down, about shoulder-width apart.



2. Lift the stick to shoulder level with elbows just slightly bent. Inhale through the nose while lifting; exhale through pursed lips when lowering. Lift in sequence to your breathing rate. About 12-14 repetitions per minute. One sequence of up + down counts as 1 repetition. Do this for 2 minutes, then rest for 2 minutes. Repeat sequence, lifting stick up + down in time to your breathing for 2 minutes. Rest for 2 minutes. Do as tolerated up to 7-8 times. When you are comfortable with 7-8 sets, you may add a 1/2 pound of beans in a sock to each end of the dowel/stick.

Number of lifts you do in each set ___
Number of sets (2 minute sessions) ___
or To Do

*If you are doing other arm exercises you may do ___ reps ___ weight, without the "2 minute" timing component.

Wall Push-ups

To Do



- 1.** Starting position. Stand away from the wall, comfortably, within an arm's length reach. Place palms on the wall at shoulder level, elbows slightly bent.



- 2.** Breathe out as you lean your body towards the wall. Stop and inhale. Then exhale as you push away from the wall, back to your original standing position.

__ Repetitions