

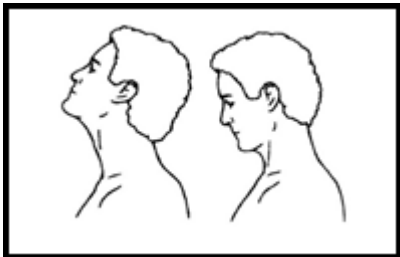
## Patient information

# Warm-up and cool-down exercises

### Warming-up before exercising

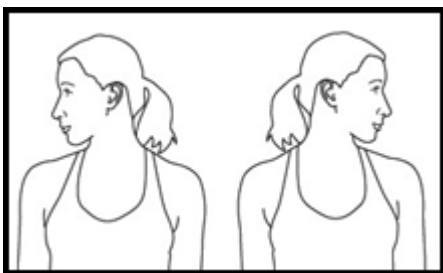
It is very important before starting any exercises that you take the time to complete a thorough warm-up. This helps to prepare your cardiovascular system by raising your body temperature and increasing blood flow to your muscles. It will also help reduce the likelihood of sore muscles and will lessen the risk of injury.

The warm-up exercises below should help to prepare your body for the exercises you will carry out during your pulmonary rehabilitation session.



#### Neck flexion / extension

Look up to the ceiling and then down to the floor.  
Repeat three times.



#### Neck rotation

Look to the left and then to the right.  
Repeat twice to each side.



#### Shoulder shrugs

Shrug your shoulders up and down.  
Repeat three times.



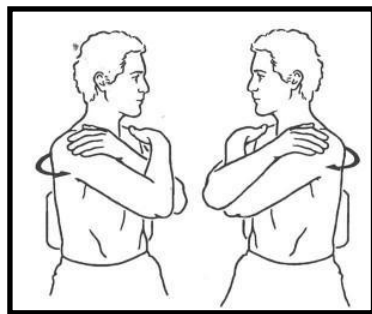
### **Shoulder rolls forwards**

Gently roll your shoulders forwards four times.



### **Shoulder rolls backwards**

Gently roll your shoulders backwards four times.



### **Body twists**

Cross your arms across your chest. Then twist to the left and back to the right.  
Repeat three times.



### **Side stretches**

Complete either with your hands by your sides or by reaching over your head.  
Bend down to one side and then the other.  
Repeat twice.



### **Marching**

March on the spot, at your own pace, for approximately 30 steps.



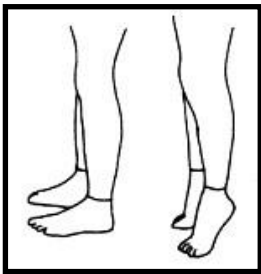
### **Tap behind**

Tap one foot behind and then the other.  
Repeat twice on each leg.



### **Heel digs**

Tap forward with your heel on one foot and then the other.  
Repeat twice on each leg.



### **Heel raises**

Gentle rise up on your toes and then down.  
Repeat three times.

You are now ready to begin your pulmonary rehabilitation session.

## **Cooling down and stretching after exercising**

Cooling down is just as important after you have exercised as it allows your heart rate and blood pressure to gradually recover back to their pre-exercise levels. Stopping exercise abruptly can make your blood pressure drop dramatically and make you feel faint.

Stretching your muscles after exercise is also important as it lessens the risk of post-exercise muscle ache and injury.

**The cool-down exercises for pulmonary rehabilitation are the same as the warm-up exercises, with the following added stretches:**



### **Neck stretches**

Gentle tip your left ear to your left shoulder and hold for a count of 5-10 seconds.  
Repeat twice to each side.



### **Shoulder stretch**

Place one arm across your chest and hold it there with your other arm for a count of 5-10 seconds.  
Repeat with the other arm.



### **Triceps stretch**

Put one arm up in the air and then place your hand down your back. Hold it there with the other hand for 5-10 seconds.  
Repeat on the other arm.



### **Hamstring stretch**

Place one leg forward, keeping the knee straight. Stick out your bottom, and lean forwards slightly. Hold the stretch for 5-10 seconds.  
Repeat on the other leg.



### **Calf stretch**

Place one leg forwards. Bend the front knee but keep the back one straight. Hold for 5-10 seconds.  
Repeat on the other leg.

## **Tips for warming-up and cooling-down**

- Make sure you are wearing comfortable, loose clothing and secure footwear.
- Make sure you have you have water to hand.
- Make sure your blue inhaler is nearby.
- Carry out these exercises at your own pace.
- Always keep your exercise at a maximum of a BORG 3, or moderate breathlessness.
- Stop and rest if your breathlessness starts to feel uncomfortable.
- Stretches should not be painful!
- If you struggle with painful joints you should only stretch within your own comfort.
- Remember that warming-up prepares your muscles for exercise and should help reduce any discomfort and risk of injury.
- Remember, cooling-down helps to stretch those muscles that have worked hard, hopefully reducing your discomfort afterwards.

## **Useful contacts**

For Pulmonary Rehabilitation enquiries:

**Suffolk Community Healthcare Care Co-ordination Centre (CCC)**

**Tel:** 0300 123 2425

**E-mail:** [pulmonaryrehabilitation@wsh.nhs.uk](mailto:pulmonaryrehabilitation@wsh.nhs.uk)

### **Clinical research**

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

### **Accessibility**

If you require this leaflet in a different format, please contact the patient advice and liaison service on 01284 712555 or email [PALS@wsh.nhs.uk](mailto:PALS@wsh.nhs.uk)

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