

Living Well with **COPD**TM



**Integrating an Exercise
Program into Your Life**

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www.LivingWellwithCOPD.com

The skills you need to manage your COPD

Chronic obstructive pulmonary disease, or COPD, is a disease that can seriously affect every part of your life. As the disease progresses, it can take a toll on your daily activities. Fortunately, there is a lot that you can do to try and manage these limitations and improve your well-being. This is why we have created this series of workbooks on COPD self-management.

How can this program help me with the self-management of the disease?

This module is part of the Living Well with COPD program. It is an educational program in which you learn skills to help manage your disease and adopt healthy new lifestyle behaviours. The Living Well with COPD program has been tested in several clinical trials and the results were very encouraging. Patients who used these workbooks in collaboration with their healthcare worker, “case manager” or resource person and physician had fewer exacerbations requiring hospitalizations or emergency room visits. Their quality of life has also improved, enabling them to do more of the activities they enjoyed, and better cope with their disease.

National and international guidelines agree that self-management education is extremely valuable for individuals with COPD. The Living Well with COPD Self-Management Program, which you can adapt to your own situation, was created by medical experts in collaboration with COPD patients.

This is your guide. Use it to write down your questions or concerns. Share it with people close to you so that they can understand what you are going through. Discuss whatever thoughts and feelings you have with your case manager or resource person and your physician.

Good luck with your program!

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Welcome to “Integrating an exercise program into your life” of the Living Well with COPD series

In order to live well with COPD, it is important to remain physically active and to integrate an exercise program into your regular activities or routines.

This module is your guide to help you start and maintain your exercise program. Your program will be carried out under the supervision of a healthcare professional, and often within a pulmonary rehabilitation program.

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Integrating an Exercise Program into Your Life

The benefits of exercise

Why is exercise beneficial to you?

Along with your medication, exercise and physical activity play a very important role in the treatment of your COPD.

Regular exercise can help you to:

- Better control your shortness of breath.
- Increase your strength and your tolerance to effort.
- Help control your anxiety.
- Increase your confidence.
- Improve your quality of life.

This will allow you to do your activities more efficiently, along with being less breathless and conserving more energy.

In your opinion, how can a regular exercise program help you improve your health?

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Physical activity can also help reduce your risks related to the following health problems: cardiovascular disease, hypertension, type 2 diabetes, osteoporosis, stroke, obesity, colon cancer, many other chronic diseases and premature death.



Integrating an Exercise Program into Your Life

It is important to know when, where and how to exercise

When?

- Commit to days of the week that work for your lifestyle and schedule.
- Set aside a convenient time of day.
- Wait at least one hour after meals.
- During the time of day where you have the most energy.

Where?

- Choose a pleasant environment and adapt your program to the season.
- Find out about pulmonary rehab programs (specific programs for people living with lung disease) offered in your area.
- Avoid environmental factors that could aggravate your symptoms (E.g. humidity, extreme or heat).
- Plan an activity for each season.
- Consider indoor activities, especially if outdoor activities make your symptoms worse.
- Find out about exercise programs offered in your neighbourhood.
- Try joining your friends and family when they are exercising.
- Consider home or virtual programs if you need to stay indoors.

How?




- Choose a type of exercise that you enjoy.
- Take your medication regularly, as prescribed.
- Wear comfortable clothes and footwear.
- Use your breathing techniques.
- Make sure you are hydrated.



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How do you know if the intensity of your effort is good enough?

Use the scale of perceived exertion shown below to evaluate your level of breathlessness between 0-10. Then, using the same scale, evaluate the intensity of your muscular fatigue.

Scale of perceived exertion	
Intensity of the sensation (breathlessness, fatigue)	
	0 None at all
	1 Very light
	2 Light
	3 Moderate
	4 Somewhat severe
	5 Severe
	6 More severe
	7 Very severe
	8
	9 Very, very severe
	10 Maximal

Adapted from the Borg scale

Start at a comfortable pace. It is normal to experience slight breathlessness. It is recommended to perform your exercises at a level of breathlessness and fatigue between 4 and 6 on a scale of 10. For example, at this level, you should be able to respond to somebody, but not to carry on a conversation.

Important:

Aim for a level of 4-6 for continuous exercise.



Integrating an Exercise Program into Your Life

Learn to know your limits

Which normal and abnormal symptoms can occur during exercise?

Normal symptoms

- Light to moderate breathlessness
- Sweating
- Fatigue or burning in your legs
- Light muscular or joint pain

If you do not experience any of these symptoms, you may need to increase the intensity of your workout.

Abnormal symptoms

- Chest pain
- Intense joint pain
- Dizziness or vertigo
- Heart palpitations
- Severe and prolonged breathing difficulties
- Headaches

If you experience one or more of these symptoms, stop your exercise program temporarily and contact your doctor and/or your healthcare professional.

It is important when exercising that you go at your own pace and stop right away if you feel any pain including muscle, joint and chest pain.



Integrating an Exercise Program into Your Life

Here is your exercise program

Your ability to exercise was evaluated so that your doctor or your healthcare professional can recommend a safe and efficient program. Your resource person will teach you how to carry out your exercise program.

Your exercise program should include the following types of exercises:

- Warm-up
- Endurance/aerobic
- Muscle strengthening
- Flexibility and balance

Warm-up exercises

Always start your training session by warming up for 5-10 minutes. All you need to do is to start your session with a low-intensity cardiovascular exercise such as walking on the spot or an exercise that requires little or no exertion.



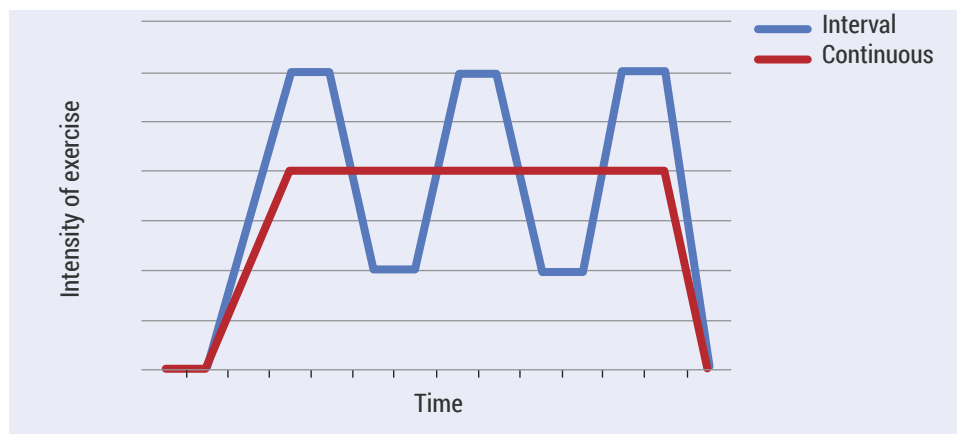
Integrating an Exercise Program into Your Life

Endurance exercises

Endurance (aerobic) exercises are very important because they help you build stamina. This means that over time, you will feel less breathless during an exercise and you will be able to do it longer.

Here are some general recommendations...

- It is recommended to be active for 30 minutes every day. You may divide up the time as you wish; three periods of 10 minutes are just as beneficial as one period of 30 minutes.
- Use the scale of perceived exertion to control the intensity of your workout. Maintain an intensity of 4 to 6 for continuous exercise.
- Gradually increase the duration of your endurance exercises up to 30 minutes. Then, increase the intensity of the exercises.
- You should do your endurance exercises at least 3 to 5 times per week.
- However, remember to remain physically active every day.
- Use the pursed-lip breathing technique.
- You can exercise continuously, keeping the same level of intensity throughout the workout. Or you can exercise at intervals, alternating periods of high intensity (above 6) with periods of lower intensity. See figure below.





Integrating an Exercise Program into Your Life

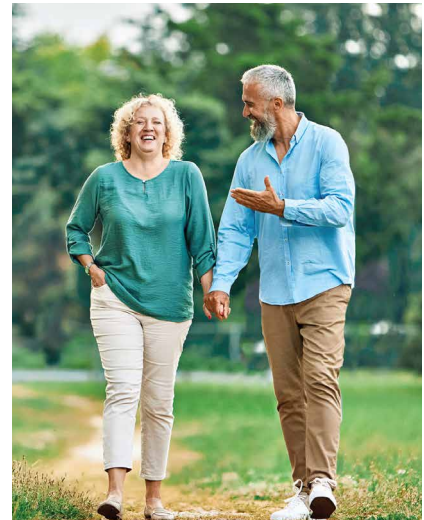
Here are some endurance exercises to choose from

In this module, we suggest three types of endurance exercises:

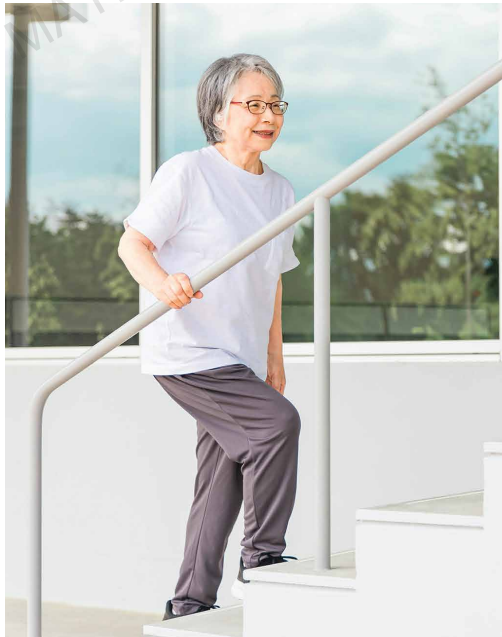


Stationary bicycle, floor or sitting peddler (cubi)

Walking



There are several other cardiovascular exercises that can be beneficial (aqua fitness, dance, etc.). Speak to your healthcare professional if you are interested.



Stair climbing



Integrating an Exercise Program into Your Life

Stationary bicycle floor or sitting peddler (cubi)

Advantages

- It is accessible and affordable.
- It allows you to do something else while exercising such as listening to music or watching television.
- You can use it, rain or shine, without the risk of falling.
- It has a lower impact on your joints.
- Good for people with balance issues.

Before buying a stationary type bicycle, make sure it is right for you

- The bike is stable when you pedal (not wobbly).
- The intensity (or resistance level) is adjustable.
- If applicable, the height of the seat and handlebars is adjustable.
- The seat is comfortable (try it before buying).
- Pedalling does not aggravate (make worse) any joint pain.

Follow the general recommendations outlined above. Maintain an intensity of 4 to 6 using the scale of perceived exertion.



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Walking

Advantages

- It is an efficient and enjoyable exercise, recognized for its significant benefits to your everyday life.
- You have many opportunities to do it each day (e.g. walking to the convenience store instead of driving).
- It can be done with friends or family members.
- If the weather is too cold, too hot, or too humid to walk outside, you can walk around inside a mall (note: it would be best to avoid peak periods).

It can be adapted when using oxygen and a walker. Follow the general recommendations outlined above. Maintain an intensity of 4 to 6 using the scale of perceived exertion.

A device to measure your steps can be used as a motivational tool and to evaluate your progress or distance.



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Counting your steps

A great way that you can challenge yourself and monitor your progress is to count the number steps you take in a day.

Examples of devices you can use to count the number of steps you take in a day:

Fitness Watches: are worn on your wrist and detect motion and acceleration to count your steps as you walk. Most watches have several other features that can help you track your fitness level (for example heart rate).

Smartphones: most smartphones have an app with step counting built in. If you carry your phone with you during the day it can count your steps by detecting movement and acceleration. By using the app you can track your progress over days, weeks and months.

Pedometers: detect movement that counts every step you take. It should be clipped to your belt or waistband, midway between your navel and hip (in line with your knee).



As you can see there are several different types of devices today you can buy to help you count your steps. Research them and see what you think will work best for you before buying one. You can also ask your healthcare professional for suggestions.



Integrating an Exercise Program into Your Life

Stairs

Advantages

- They are easily accessible.
- They are an excellent way to strengthen the muscles in your legs.

What you should know...

- This exercise is more demanding than the others; take your time and go at a comfortable pace.
- To avoid falling, keep one hand on the handrail without pulling on it to help you climb.

Follow the general guidelines outlined above. Maintain an intensity of 4 to 6 using the scale of perceived exertion.

When climbing stairs, using the pursed-lip breathing technique is even more important:

If you are extremely breathless

- Inhale at rest.
- Go up one step while exhaling, then stop to inhale.
- Repeat this method for each step.

If you are able to go up a few steps

- Inhale at rest.
- Go up two or three steps while exhaling, then stop to inhale.

If you are able to go up an entire flight of stairs

- Inhale at rest.
- Go up two or three steps while exhaling.
- Go up two steps while inhaling.
- Go up three or four steps while exhaling, and so on.



Integrating an Exercise Program into Your Life

Muscle strengthening exercises

It is important to keep your muscles strong because you need them for your daily activities. Muscles are essential for all daily activities: walking, going up the stairs, carrying bags, getting out of bed and breathing. In other words, muscles enable you to remain active and independent.

Muscle strengthening exercises include activities which maintain or increase your muscular strength. They are an essential part of a complete fitness program.

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Integrating an Exercise Program into Your Life

Basic rules for a good muscle workout

Please see the appendix at the end of this module for examples of muscle strengthening exercises using free weights, elastic bands and your own body weight.

- For certain exercises, your body weight is sufficient while for others, it would be better to use free weights or elastic bands.
- Perform movements slowly. For example, take 3 to 5 seconds to bend and stretch your arms.
- To determine a good workload, do 12 repetitions. The first repetitions should be done quite easily. The last ones (11th and 12th) may be somewhat difficult.
- When you are able to do 12 repetitions easily, add another set of 12.
- Remember to use the pursed-lip breathing technique. Try to perform the difficult portion of each movement while exhaling.
- It is very important not to hold your breath.
- You can safely do these exercises on a daily basis. We recommend that you do your muscle workout at least 3 times per week.

It is important to check with your healthcare professional before trying these exercises on your own to make sure they are right for you.



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Signs that your workout was too hard

It is natural to feel fatigue or discomfort during muscle strengthening exercises. This discomfort may be felt in specific areas or throughout the body following the workout. However, be aware that the following signs suggest that your workout was too hard:

- Sharp joint pain
- Dizziness or vertigo lasting more than one minute
- Severe breathlessness (more than 6 on the scale of perceived effort)
- Muscle pain and stiffness that lasts several days

If you experience one or more of these symptoms, you should temporarily stop the exercise and consult your doctor and/or a healthcare professional.



Integrating an Exercise Program into Your Life

Winding down, flexibility and balance

After your workout, give your body a few minutes to relax and wind down. Take advantage of this moment to do some stretching. These exercises promote flexibility and relaxation. They also make it easier for you to perform daily tasks such as tying your shoes, bathing, etc.

General recommendations:

- Adopt a proper posture before starting your stretching and balance exercises. Standing or sitting, lower your shoulders and align your head and neck with your back (as if you were resting on a wall).
- For each stretch, maintain the position for 20-30 seconds. You should feel a slight discomfort due to the stretching, but no pain. Repeat each exercise 1-2 times.
- Breathe normally without holding your breath.
- Each stretching movement should be done slowly and gently, without bouncing.

Please see the appendix at the end of the this module for examples of flexibility and balance exercises.

Working on your flexibility will make you more limber.

It is important to check with your healthcare professional before trying these exercises on your own to make sure they are right for you.



Integrating an Exercise Program into Your Life

The importance of maintaining your exercise program

Remember that:

Cardiovascular and muscle strengthening exercises must be ongoing in order to maintain long-term benefits.

After just a few days of not moving your body, you already start to lose a bit of your endurance and strength built up during your exercise program.

It is very important to preserve your strength, endurance and mobility. Together, they can positively impact your health and the outcome of your illness. Did you know that to reduce shortness of breath:

- Your regular exercise program has a therapeutic effect to help you feel better.
- Regular exercise and optimal medication represent the best possible combination.

Active people maintain their independence as well as their physical and mental health for a longer period.



Integrating an Exercise Program into Your Life

Here are a few solutions to barriers sometimes encountered while trying to maintain an exercise program

Note: Contact your doctor or healthcare professional if you are unable to resume your usual physical activities following an exacerbation of your COPD.

Have your reliever inhaler with you at all times and take it if your symptoms do not improve after you stop your activity temporarily.

Barriers	Possible solutions
<p>Worsening of COPD symptoms (exacerbation)</p>	<ul style="list-style-type: none"> • Reduce the intensity of your workout or stop temporarily until your symptoms improve. • Use your action plan (if you have one) and contact your resource person. If you do not have one, contact your doctor. • Start doing light physical activities as soon as your symptoms improve. Then, increase gradually (for example, start to do your warm-up and flexibility exercises only). • Ask about a pulmonary rehabilitation program near you. This specialized exercise and education program for people living with lung disease is a safe, guided way to start or get back to physical activity after an exacerbation. <p>Your solution: _____</p> <p>_____</p>
<p>Environmental factors (heat, humidity, rain, wind, cold, etc.)</p>	<ul style="list-style-type: none"> • Identify activities that you can perform indoors (gym, stationary bicycle, swimming) and which are independent of climatic conditions. • Consider possible alternatives for very hot days: use an air conditioner or a fan, or walk in a shopping mall; you can also choose a time of day when it is cooler. <p>Your solution: _____</p> <p>_____</p>



Integrating an Exercise Program into Your Life

Here are a few solutions to barriers sometimes encountered while trying to maintain an exercise program

Barriers	Possible solutions
Accessibility, transportation	<ul style="list-style-type: none">Find out about services available in your community (volunteers, accessibility transit, car pooling, disabled parking permit). Your solution: _____ _____
Lack of financial resources	<ul style="list-style-type: none">Your community may offer an array of free or affordable activities.Check with your family and friends to find out if you can get used equipment (purchase or donation).Try mall walking, or outdoor activities.Check out free on-line pulmonary rehab exercise programs to follow. Your solution: _____ _____
Emotional problems: stress, anxiety, depression	<ul style="list-style-type: none">Physical activity is a good strategy to help you through difficult periods.Do not hesitate to consult a healthcare professional or your doctor. Your solution: _____ _____



Integrating an Exercise Program into Your Life

Here are a few solutions to barriers sometimes encountered while trying to maintain an exercise program

Barriers	Possible solutions
Lack of interest	<ul style="list-style-type: none">• Be proud of what you have accomplished.• Reward yourself: it is important to celebrate.• Exercise in different places or imagine a different way of doing things that would increase your interest in exercising.• Play music, listen to an audio book or podcast while exercising, or follow an on-line program with a coach or instructor to keep you interested and motivated.• Ask someone to join you. <p>Your solution: _____</p> <p>_____</p>
Vacation	<ul style="list-style-type: none">• Set aside some time to exercise during your vacation.• Take advantage of the situation to do different exercises or to exercise with different surroundings. <p>Your solution: _____</p> <p>_____</p>

Do not hesitate to contact your healthcare professional who can help you find solutions to these or other problems which could represent barriers to the continuation of your exercise program.



Integrating an Exercise Program into Your Life

Let us hear the story of Joan

Because of the pandemic I was not able to attend a COPD pulmonary exercise rehab program until recently. To be honest I wasn't too sure what I was getting myself into at the beginning. We started with an in-depth medical history and psychological evaluation. They looked at my physical limitations now compared to before my diagnosis. I talked about having certain goals I wanted to get from the program. For example, I wanted to visit my daughters' houses and be able to climb the stairs. Or lose weight and be able to walk around a shopping mall without using a wheelchair. The program also addresses your mental wellbeing which I think is also very important.

After looking at my goals, I did a bunch of tests to evaluate my baseline physical level. This took about 2 and a half hours and included a walking test, breathing tests and an endurance test. Then I started the pulmonary rehab program 3 times a week. The physiotherapy part of the program is great. I am not a very physically active person, but I was able to do the exercises. The exercises expand your lung capacity and help get more oxygen to your lungs and other organs. I even built-up my stamina. When I started the program, I was only able to do 3 minutes on an arm cranking machine, and I needed breaks. By the end of the program, I was up to 21 minutes with no breaks! It was very encouraging for me to see results like that. Once a week I would also take part in an hour and half zoom session from home and listen to different experts talk about stress, anxiety, mental outlook, motivation, nutrition, and triggers. It was very informative. I would recommend it to anyone. I learned a lot.

Now that the program is over, I can keep up with the exercises from home. I don't have a treadmill or a bike, but I have a solid chair to help me complete the exercises, so I don't fall and hurt myself. It's important to stay motivated and continue the exercises at home. I want to maintain it. I schedule the exercises on my calendar to help remind me. As part of the program, they call you back for a one-shot visit after 6 months to see how you are doing. That is great motivation to continue. I am happy I completed the program, and it has made a difference for me physically and mentally.

Let us see whether you are ready to integrate an exercise program into your life

On a scale of 1 to 10, circle the number corresponding best to your ability to follow an exercise program regularly and over the long term, considering the various tools now at your disposal.

1. Do you believe that you are able to follow your exercise program regularly (at least 3 days/week) for one month?

1 2 3 4 5 6 7 8 9 10
not at all confident very confident

2. Do you believe that you are able to follow your exercise program regularly (at least 3 days/week) for one year?

1 2 3 4 5 6 7 8 9 10
not at all confident very confident

3. Do you believe that by exercising regularly and over the long term you will succeed at controlling your shortness of breath and at increasing your tolerance to effort?

1 2 3 4 5 6 7 8 9 10
not at all confident very confident

If you feel confident, make exercise an integral part of your daily routine.

If you do not feel confident, it is very important to talk with your healthcare professional who could help you.

In summary:

Make exercise an integral part of your daily routine. Take time to exercise and to enjoy it.

Surround yourself with people who believe in you and who love you.

Exercising can help you change your body and your mind. You will be able to do more and you will feel more confident.

Don't forget to reward yourself.

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Your exercise program

1. Warm-up exercises:

Start with _____ to _____ minutes of _____

2. Cardiovascular exercises:

Type of exercise			
Frequency (how often/week)			
Duration (how long)			
Scale of effort			

3. Muscle strengthening exercises:

Exercises	Weights (resistance)	Repetitions	Frequency

4. Relaxation: _____

Patient's signature

Healthcare professional's signature

Tel.: _____

Date: _____

Date: _____

Your calendar of physical activities

Month_____ Year_____

CALENDAR OF PHYSICAL ACTIVITIES							
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							

Instructions

1. Plan activities you would like to do each day.
2. Write the total number of minutes or steps walked that day.

Here is an opportunity to plan ahead!

My plan to maintain my exercise program over the next month:

My plan to maintain my exercise program for the year:

My plan to maintain my exercise program during and after an exacerbation of my COPD:

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Here is an opportunity to plan ahead!

Even if you perform physical activities outside, it is helpful to have a few small pieces of equipment at home for your training.

Choose from the following, according to your interests, your means and the space available at home.

For all exercises make sure you have a comfortable and supportive pair of shoes with grip and loose, comfortable and breathable clothing.

For aerobic exercises:

- Stationary bicycle or floor peddlers (cubi)
- Treadmill
- Step mill
- Elliptical
- Stairs at home

For muscle strengthening exercises:

- Weights
- Body weight exercises
- Elastic bands
- Sand bags
- Swiss ball
- Floor mat
- Many household objects can be used as weights: cans, plastic bottles filled with sand...

The long-term maintenance of your exercise program

Take some time to review your long-term plan.

1. Which goals have you been able to attain?

Two horizontal grey bars for writing answers to question 1.

2. Which factors have helped you to attain your maintenance goals?

Two horizontal grey bars for writing answers to question 2.

3. Are there any parts of your exercise program that you have not been able to attain? Which ones?

Two horizontal grey bars for writing answers to question 3.

4. Which factors could help you attain these goals?

Two horizontal grey bars for writing answers to question 4.

5. Do parts of your exercise program need to be changed or adjusted? If so what and why?

Two horizontal grey bars for writing answers to question 5.

Review your maintenance goals and the helping factors with your healthcare professional and your doctor.

Appendices



Muscle Strengthening Exercises Upper body

List of suggested equipment:

- Weights
- Bands
- Mat
- Chair

1



Position: Sitting on a sturdy chair without wheels with your feet planted on the floor with a weight in each hand.

Movement: Bend and extend your arms. Repeat.

Note: It is important to keep your elbows against your body during the exercise.

2



Position: Standing, leaning forward against a table or a chair with a weight in one hand.

Movement: Extend your arm backwards. Repeat.

Note: It is important to keep your elbows against your body during the exercise.

Upper body

3



Position: Sitting straight on the edge of a chair with a weight in each hand. Bring arms up to shoulder height at a 90 degree angle palms facing forward.

Movement: Bring your forearms towards each other in front of the body. Return to original position. Repeat.

4



Position: Standing with your hands against a wall at shoulder level.

Movement: Slowly bend your elbows while keeping your body straight. Push against the wall to return to initial position. Repeat.

5



Position: Sit up nice and tall in your chair with your back away from the backrest. Wrap the band behind your back and bring it up under your armpits. Grasp the band so your hands sit at chest level. Activate your core.

Movement: Use your chest muscles to push your hands forward against the resistance of the band, straightening your arms until your elbows are almost straight. Do not go too far so your upper neck rounds. Exhale while you push out. Pause slowly return to the start position then repeat.

Upper body

6



Position: Standing or sitting with a weight in each hand at shoulder level.
Movement: Extend one arm straight up, then lower it. Do the same for the other arm. Repeat.

7



Position: Sit up tall near the edge of your chair, without leaning on the backrest. Hold the middle of the band with your right hand and bring it over to your left shoulder. With your left hand, slide down along the band so that you start with your left arm bent at about 90 degrees.

Movement: Push your left hand down to straighten your elbow. Do all your reps on this side, then switch arms and repeat.

Core

8



Position: Sitting on a chair with your arms crossed on your chest.

Movement: Lean back, and then return to the initial position. Repeat.

Note: Make sure to keep your chin close to your chest during the exercise.

9



Position: Lying on your back, with or without a cushion to support your neck.

Movement: Pedal in the air with your legs (bend and extend them one at a time).

Note: Make sure to properly support your lower back.

10



Position: Lying on your back with your knees bent.

Movement: Lift your buttocks to make a bridge. Lower and repeat.

Lower body

11

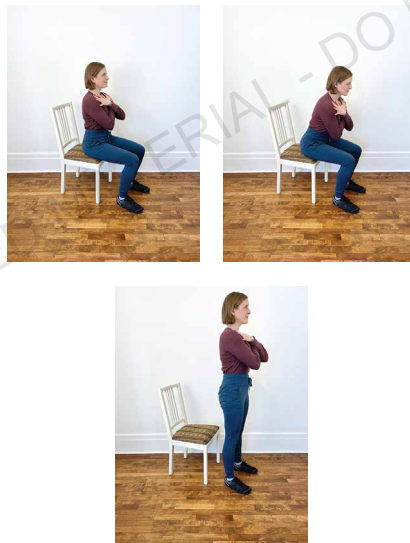


Position: Lying on your side with your leg on the floor slightly bent and your top leg extended.

Movement: Move your top leg towards the ceiling. Repeat. Change leg after a complete set.

Note: Keep your toes pointed towards the floor while lifting your leg.

12



Position: Sitting on a chair.

Movement: Stand up slowly and sit down again slowly without using your hands. Repeat.

13



Position: Standing, holding the back of a chair.

Movement: With your upper body leaning slightly forward, bend your knees. Repeat.

Note: To increase the level of difficulty, remain in the bent knee position for 10-15 seconds without holding your breath.

Safety Tip: Make sure your weight is in your heels and that your knees are over your toes when you bend.

Lower body

14



Position: Standing, holding the back of a chair.

Movement: Raise yourself as high as you can on tip toe. Hold this position for 10-20 seconds and return to initial position. Repeat.

Note: It is recommended to be on the balls of the feet rather than the tip toes.

15



Position: Standing, holding the back of a chair.

Movement: Bend one knee slowly, trying to bring your heel to your buttocks without bending at the hip. Repeat.

Flexibility exercises

16



Position: Sitting straight on a chair.
Movement: Gently raise your shoulders towards your ears. Circle them back and down. Repeat. Reverse the direction when you are done going backwards.

17



Position: Holding your back straight and looking straight ahead.
Movement: Slowly lower your chin towards your chest, keeping your shoulders relaxed. Straighten your head (without tilting backwards). Repeat.

18



Position: Start in a sitting position with your chin tucked in.
Movement: Slowly rotate your head to the left as much as you can so that your chin is close to your left shoulder. Hold the position for the prescribed time. Slowly come back to the starting position. Repeat for the prescribed number of repetitions. Then repeat the same exercise to the right.

Flexibility exercises

19



Position: Sit or stand straight and raise your arms forward at chest height. Interlace your fingers together, palms facing toward you.

Movement: Spread your shoulder blades apart by pushing your hands forward until you feel a stretch in the upper back. Hold and breathe. Repeat.

20



Position: Sit or stand straight and bring one arm in front of your body at shoulder height.

Movement: Use the opposite arm to lightly pull on the stretching arm in toward the chest. Hold the position when you feel a comfortable stretch behind the shoulder. Repeat on the opposite side.

21



Position: Sit up tall in the middle-to-edge of your seat, feet firmly on the ground.

Movement: Cross your arms and raise your elbows up as high as is comfortable.

Slowly rotate to one side as far as possible, then rotate to the other side. Repeat.



Flexibility exercises

22



Position: Sitting on a chair with one leg stretched out on the floor or resting on a stool.

Movement: Slowly bend forward until you feel a slight discomfort behind your leg. Hold this position and repeat.

Balance exercises

When doing balance exercises, you should feel like muscles in your feet and legs are making small contractions but you still feel in control. Remember to hold on to support (chair/wall) or set your foot down if you feel like you are losing balance.

23



Position: Standing.

Movement: Place one foot in front of the other so that your heel touches your toes. Hold for 30 seconds.

24



Position: Standing.

Movement: Place your feet apart at shoulder width. Move one foot as though you were drawing a triangle on the floor, touching each angle with the tip of your toes. Repeat 5 times on each side.



Progression: Repeat the same exercise but without your moving foot touching the floor.

25



Position: Standing.

Movement: Slightly lift one knee, balancing on one leg. Hold this position for 10 to 20 seconds.

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J. Bourbeau, respirologist
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H. Tremblay, expert patient

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