

**Other exercises you can do include:**



**Triceps stretch:**  
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 30 seconds.



**Pectoralis stretch:**  
Hold on to door frame with arms at shoulder level. Lean forward until stretch is felt over front of chest.



Alternatively, clasp hands behind head. Have partner pull arms back until stretch is felt.

Hold 30 seconds.

Repeat 3 times.  
Do 3 sessions per day.

For appointments and enquiries,  
please call the CGH Appointment Centre at  
Tel: (65) 6850 3333

**CGH Appointment Centre operating hours:**

8.30 am to 8.00 pm (Monday to Friday)  
8.30 am to 12.30 pm (Saturday & Sunday)  
Closed on Public Holidays

For more information, please visit  
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# Home Exercise for COPD Patients



Changi  
General Hospital  
SingHealth

## What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a disease in which air flowing into the lungs is blocked. Smoking is a main cause of COPD as it causes damage and inflammation to the airways in the lung. Air pollution may also worsen COPD.

## Symptoms of COPD

The main symptoms are:

- Cough
- Excessive phlegm
- Shortness of breath (SOB)

Initially SOB may only happen on exertion but can progressively worsen to having SOB even at rest.

## Managing Shortness of Breath

If you feel breathless, it helps to know what to do:

- Stay calm.
- Stop what you are doing and rest in a quiet and comfortable place.
- Lower your head and shoulders and try to relax.
- Breathe in and out through your mouth as fast as necessary.
- Slow down your exhalation by making it longer. Do not force. Use pursed lip breathing if it helps.
- Start to breathe through your nose.
- Stay in this position for 5 to 10 minutes until you have completely caught your breath.

## Comfortable Positions to Manage Shortness of Breath



### Sitting:

- Rest your feet flat on the floor.
- Lean your chest forward slightly.
- Rest your elbows on your knees, palms up.
- Relax your neck and shoulder.



### Standing:

- Stand with your feet shoulder width apart.
- Lean your hips against a wall.
- Rest your hands on your thighs.
- Relax your shoulders, leaning forward slightly and dangling your arms in front of you.

Remain in these positions until you can catch your breath.

## Pursed Lip Breathing



- Breathe in slowly through your nose for 3 counts.
- Purse your lips like you are going to whistle.
- Breathe out gently through your pursed lips for 6 counts.
- Keep on doing until you have caught your breath.

## Coughing

COPD may cause you to have too much mucus which can block your airways and make breathing difficult. This is why getting rid of unwanted mucus is important.

- Sit on a chair or on the edge of your bed, with both feet on the floor. Lean slightly forward. Relax.

- Fold your arms across your abdomen and breathe in slowly through your nose.
- Hold your breath for 3 seconds.
- Lean forward, pressing your arms against your abdomen. Cough through a slightly open mouth. The first cough should have moved the mucus to the throat. Cough again to try to remove it from the throat.
- Breathe in again by “sniffing” slowly and gently through your nose. This gentle breath helps prevent mucus from moving back down your airways.
- Rest.
- Perform again if needed.



## Exercise

If you have COPD, regular exercise can help you:

- Feel better and breathe easier.
- Reduce the risk of COPD flare ups.
- Maintain strength and endurance for everyday tasks.

Common aerobic exercises you can do are:

- Walking
- Cycling
- Swimming

You should perform aerobic exercise at least 3 times a week, 20 minutes per session. Take breaks in between exercises when necessary.