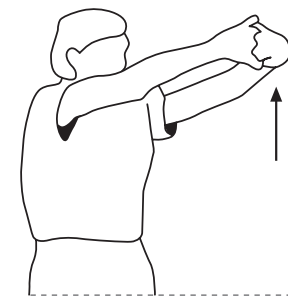


### Warm Up and Cool Down Exercise:

It is important to perform stretches before your exercise to prepare your body. After your exercises, you need to repeat the stretches to gradually bring your body and heart rate back to normal.

Here are some stretches you should perform:



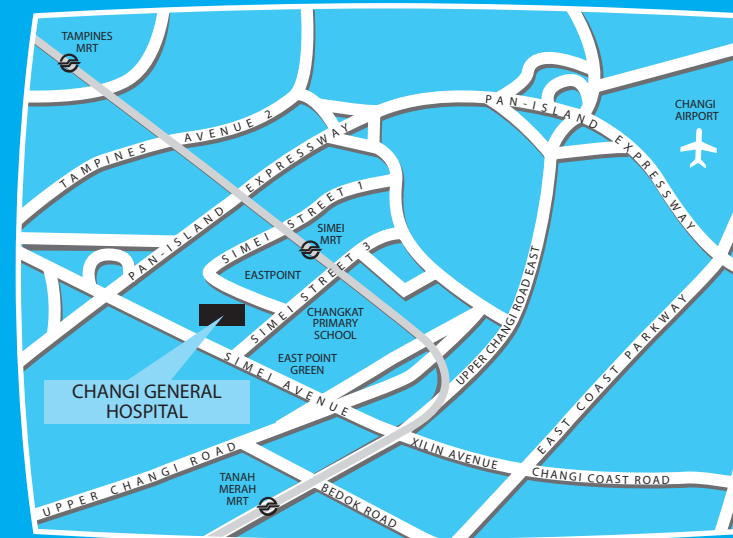
**Shoulder Stretches:**  
Do 5-10 repetitions.  
Hold each stretch for 5-10 seconds



**Trunk Stretches:**  
Do 5-10 repetitions.  
Hold each stretch for 5-10 seconds



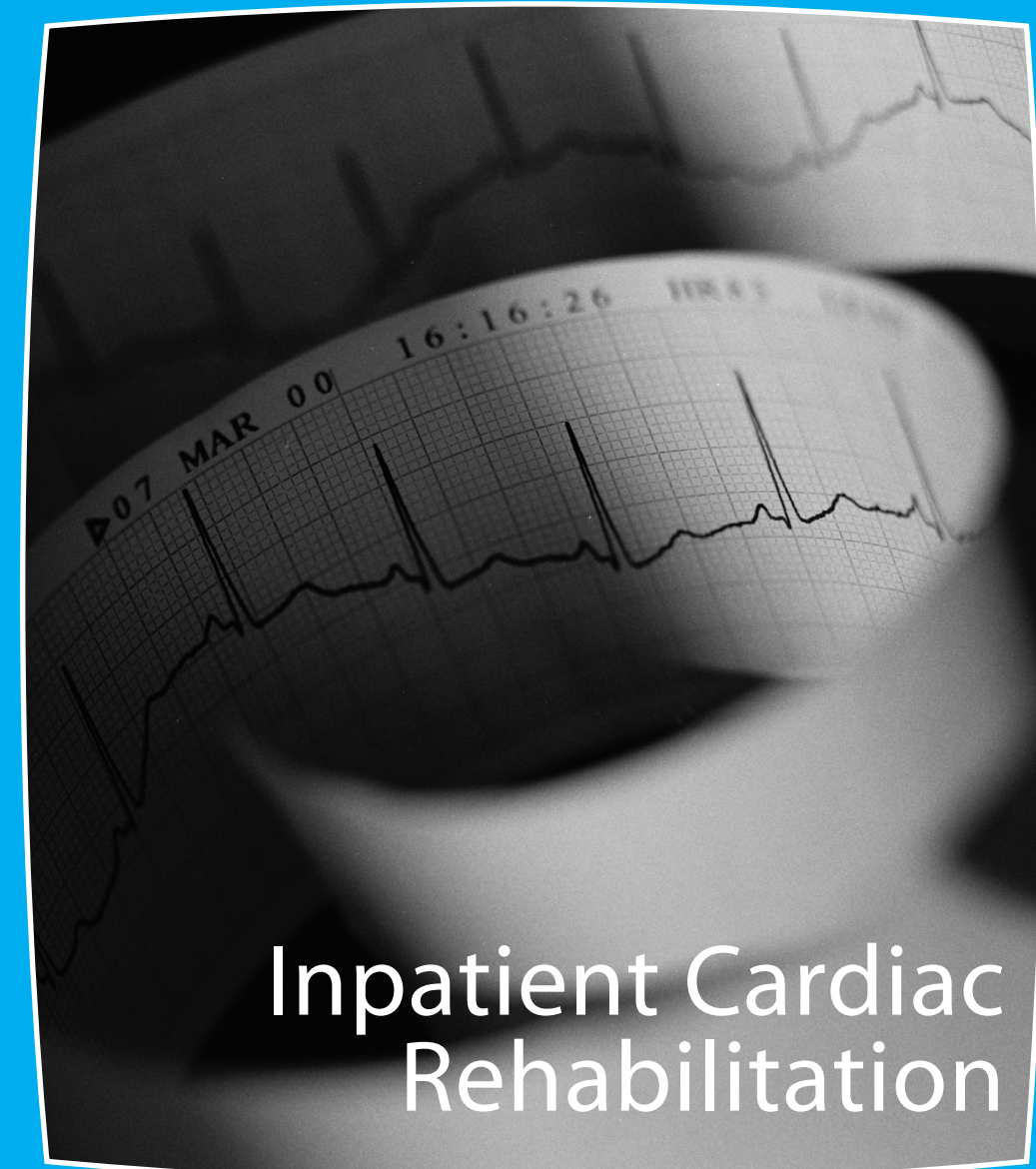
**Leg Stretches:**  
Do 5-10 repetitions.  
Hold each stretch for 5-10 seconds



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# Inpatient Cardiac Rehabilitation

 **Changi General Hospital**  
SingHealth



## What is Cardiac Rehabilitation?

Cardiac rehabilitation is a supervised programme aimed to help reduce the risk of another cardiac event for heart patients.

## For A Healthier Heart

In this programme, your physiotherapist will perform an assessment to determine the level of exercise you can safely perform. Physiotherapists are keen to help you improve your heart and lung fitness and to increase your tolerance in daily activities, thereby reducing your feeling of fatigue.

## Your Physiotherapist will guide you through the following:

Your active participation while you are an inpatient at the hospital will allow you to return to a healthy lifestyle. Rehabilitation at the early phase will also prevent complications due to bed rest and reduce the risk of further heart problems.

- **Chest care**

This involves teaching you deep breathing exercises and positioning you in an upright sitting posture to encourage deep breathing.

- **Activities**

This includes bed mobility, sitting, walking and climbing stairs as you make steady progress.

- **Exercises**

This includes simple stretches to warm up and cool down, and using an activity such as walking as a form of exercise.

## Returning Home

You may initially find it difficult when you return home after discharge. You will get tired, breathless and sometimes dizzy very easily. However, it is still important to **CONTINUE** with **light** daily activities as per normal. **Your therapist will advise you further on the activities that are safe for you.**

**Walking** is the **ONLY** recommended aerobic exercise for the first two months. It helps improve your cardiovascular fitness and muscle endurance. Always consult with your cardiologist **FIRST** before progressing to other forms of exercise.

### Frequency (How many times?)

You should try to walk 3-5 times per week

### Duration (How long?)

You can start off with 10 minutes for the first week and then gradually increase by 5 minutes every week. You should aim to increase your walks to at least 20 minutes per session.

## Signs of Working Too Hard

- Excessive shortness of breath
- Dizziness
- Chest discomfort, eg chest tightness
- Exhaustion after exercise
- Cold and clammy

### IMPORTANT!

**If you develop chest pain, dizziness, difficulty in breathing or feel unwell during exercise, it is important to STOP and rest. If symptoms persist, please seek medical assistance immediately.**

## How Hard should I Exercise?

It is important that you do not exercise too hard. Use the following methods to gauge how you are doing.

### Method 1:

Exercise at 20 beats above your resting heart rate (RHR). For example, if your RHR is 70 beats per minute, it should not exceed 90 beats per minute during your exercise session.

$$\text{Exercise HR} = \text{RHR} + 20$$



### Method 2:

When you exercise, you will start breathing faster and harder. Exercise to a level where you are **slightly breathless** but yet **able to continue**.

A simple measure of whether you are exercising at the correct intensity is to count from 1 to 15 slowly in one to two breaths. If you are able to do so, you are exercising at the correct intensity.