

Modes of exercise

Endurance (aerobic exercise): Helps to strengthen the heart and cardiovascular system. Studies have shown that aerobic exercise for at least 30 minutes 3-4 times a week is beneficial. Examples of aerobic exercise include walking, cycling, dancing, and marching in place.

Strengthening exercise: Helps to improve muscle strength. It will also increase your overall endurance. Start with low resistance and progress by increasing repetitions and then increasing weight. Examples of strengthening exercises include bicep curls with weights or therapeutic elastic bands, ankle weights and stand up and sit downs.

- Both endurance and strength training should begin with warm up and end with cool down exercises.
- Each warm up and cool down may consist of 5 to 10 minutes of low intensity exercises and stretches.



Warm up
exercises
5 - 10 minutes

Endurance/
strength training
30 - 40 minutes

Cool down
exercises
5 - 10 minutes

Physical therapy

Total Body Exercise Program - Warm Up

☐ Arm Circles

Hold out your arms and rotate them in a circle.
Continue for the count of _____.



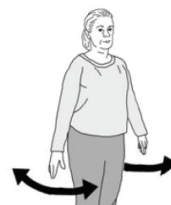
☐ Boxing

Punch forward alternating the right fist
and then the left fist.
Continue for the count of _____.



☐ Arm Swings

Swing your arms at your sides.
Continue for the count of _____.



☐ March in Place

Step up and down; bring your knees
as high as you can.
Continue for the count of _____.



☐ Grip Strength

Squeeze a soft ball alternating between hands.
Continue for the count of _____.



For the following exercises, use a _____lb/kg weight on the right ankle and a _____lb/kg weight on your left ankle.

☐ Knee Extension

Sit in a chair. Straighten your right knee
by tightening your thigh muscle.
Complete _____ set(s) of _____.
Repeat with the left leg.



☐ **Knee Curl**

Stand and hold onto a stable object.
Bend your right knee up behind you.
Lower the leg.
Complete _____ set(s) of _____.
Repeat with the left leg.



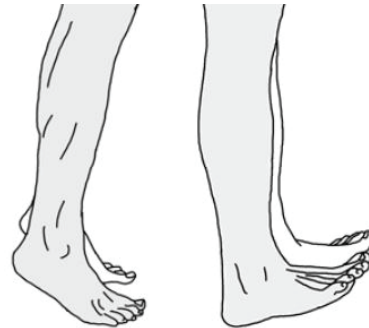
☐ **Hip Abduction**

Stand and hold onto a stable object.
Lift your right leg out to the side.
Lower the leg.
Complete _____ set(s) of _____.
Repeat with the left leg.



☐ **Toe and Heel Raises**

Stand and hold onto a stable object.
Rise up on your toes, lifting your heels off the floor. Then rock back onto your heels, lifting our toes off the floor.
Complete _____ set(s) of _____.
Repeat with the left leg.



Total Body Exercise Program - Cool Down

☐ **Quadriceps Stretch**

Stand and hold onto a stable object. Reach back and grasp your right ankle. Stand up straight. Pull the foot towards your buttocks. You will feel the stretch in the front of your thigh. Hold to the count of _____. Do not hold your breath.
Complete _____ set(s) of _____.
Repeat with the left leg.



❑ **Hamstring/Calf Stretch**

Sit in chair and extend the right leg forward. Keep knee straight and gently lean forward toward your toes. Hold to the count of _____.
Complete _____ set(s) of _____.
Repeat with the left leg.



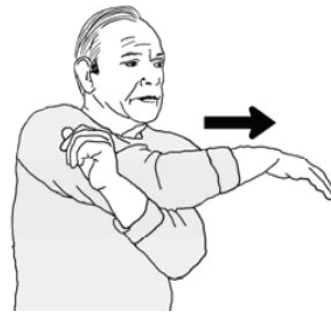
❑ **Arm Stretch**

Interlace fingers so palms face outward. Slowly lift arms above head, pushing upward. Hold to the count of _____.
Complete _____ set(s) of _____.
Repeat with the left arm.



❑ **Shoulder Stretch**

Gently pull your right elbow across toward the opposite shoulder with your left hand. Hold to the count of _____.
Complete _____ set(s) of _____.
Repeat with the left arm.



How tired are you?

Using RPE scale

Rate of Perceived Exertion (R.P.E.) is a scale that determines how hard your body is working during activity/exercise. Choose a number on the scale below that best describes how the exercise/activity feels to you. Be sure to consider your overall sensations and feelings of physical stress, effort, and fatigue. You may start exercise intensity at range of ‘very light’, # 1 - 2 first and gradually increase to range of “moderate” # 3. Do not exceed to “heavy” # 5 when you exercise at home alone unless directed by your health care provider.

Borg Rating of Perceived Exertion

0	Nothing at all
0.5	Very, very light (just noticeable)
1	Very light
2	Light (weak)
3	Moderate
4	Somewhat hard
5	Heavy (strong)
6	
7	Very heavy
8	
9	
10	Very, very heavy (maximal)