

Cardiac Rehabilitation Stretching and Strengthening



Allina Health

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First edition

Developed by Allina Health.

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For specific information about your health condition, please contact your health care provider.





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Stretching

General Guidelines

The purpose of these exercises is to maintain a full, pain-free range of motion.

- Stretch after you have done aerobic exercise, or when your muscles are warm.
- Do each stretch slowly. Do not bounce or force the stretch.
- Tell your cardiac rehab therapist if you have any problems.

❑ Side Stretch

- Sit in a chair.
- Raise your arms over your head and lock your fingers together. (A)
- Keep your elbows straight. Stretch to your right. (B)
- Hold for _____ seconds.
- Return to your starting position.
- Slowly stretch to your left.
- Hold for _____ seconds.
- Do _____ repetitions (reps).
- Do _____ times a day.



A



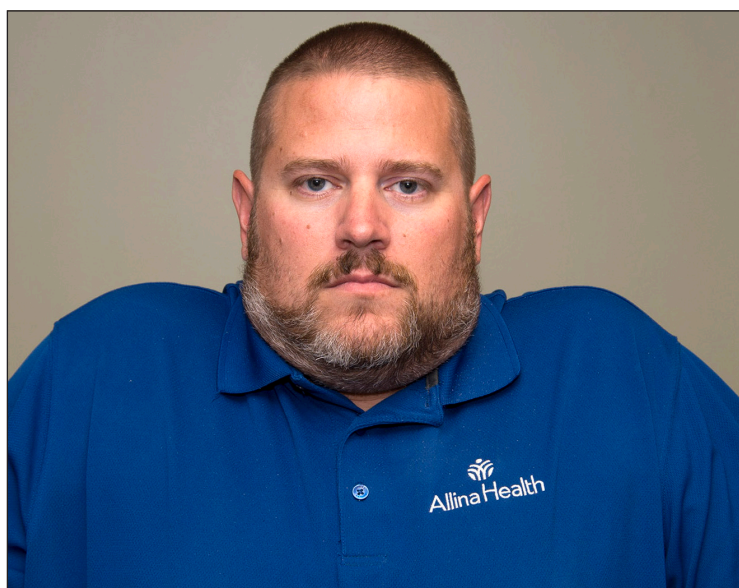
B

❑ Shoulder Shrug

- Sit or stand with your shoulders in a neutral position. (A)
- Raise both shoulders up to your ears. (B)
- Hold for _____ seconds.
- Lower your shoulders.
- Do _____ repetitions (reps).
- Do _____ times a day.



A



B

❑ Shoulder Rolls

- Sit or stand with your shoulders in a neutral position. (A)
- Gently roll your shoulders in a circle: up, back, down and forward. (B)
- Hold for _____ seconds.
- Return to your starting position.
- Do _____ repetitions (reps).
- Do _____ times a day.



A



B

❑ Shoulder Stretch

- Sit or stand.
- Bring your left / right arm across your body.
- Use your left / right hand to gently press on your shoulder.
- Hold for _____ seconds.
- Do _____ repetitions (reps).
- Do _____ times a day.



❑ Tricep Stretch

- Sit or stand.
- Bring your left / right arm to the back of your shoulder (like you are patting yourself).
- Use your left / right hand to gently press on your elbow.
- Hold for _____ seconds.
- Do _____ repetitions (reps).
- Do _____ times a day.



❑ Hamstring Stretch

- Sit on the edge of a chair. Keep your thigh muscles relaxed.
- Extend your left / right leg with your heel on the floor. (A)
- Keep your posture upright as you lean forward at your hips. You should feel a stretch in the back of your thigh. (B)
- Hold for ____ seconds.
- Relax by bending your knee.
- Do _____ repetitions (reps).
- Do _____ times a day.



A



B

❑ Thigh Stretch

- Stand facing a wall. Keep your feet shoulder-width apart. Place your hands on the wall, also shoulder-width apart.
- Bend your left / right leg with your heel on the floor.
- Put your left / right leg behind you, keeping your foot flat on the floor.
- Keep your posture upright as you lean forward at your hips. You should feel a stretch in the back of your thigh.
- Pull your stomach muscles in.
- Lean into the wall, keeping your back straight.
- Hold for ____ seconds.
- Do ____ repetitions (reps).
- Do ____ times a day.



Strengthening

General Guidelines

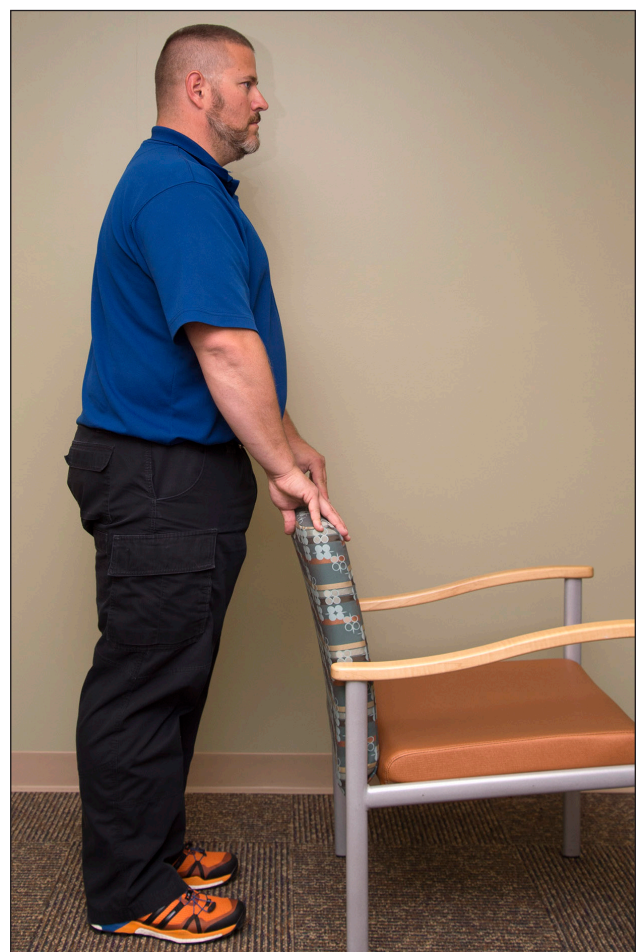
- Do each exercise carefully.
- Raise and lower the weight, or your body, slowly. Feel your muscles working in both directions.
- Hold for 1 count on each exercise. You can count “one thousand one” for the right time.
- You should be able to lift the weight at least 12 times without stopping. If you can’t do it 12 times, use a lighter weight.
- Breathe out (exhale) when you lift the weight. Breathe in (inhale) when you lower the weight.
- Do your weightlifting 2 to 3 times each week. Let your muscles rest between lifting days.

☐ Hamstrings

- Stand holding the back of a chair. (A)
- Breathe in.
- While you breathe out, lift your left / right ankle toward your buttocks. Keep your knees together. (B)
- Hold for 1 count.
- Slowly return to your starting position.
- Repeat 12 to 15 times.
- Switch legs and do the exercise 12 to 15 times.
- Do this exercise 3 times a week, every other day.
- ☐ Use an ankle weight for more resistance.



A



B

❑ Lawnmower

- Hold the weight down and breathe in. (A)
- While you breathe out, lift the weight to hip level. Keep your palm inward.
- Hold for 1 count.
- Slowly return to your starting position.
- Repeat 12 to 15 times.
- Switch arms and do the exercise 12 to 15 times.
- Do this exercise 3 times a week, every other day.



A



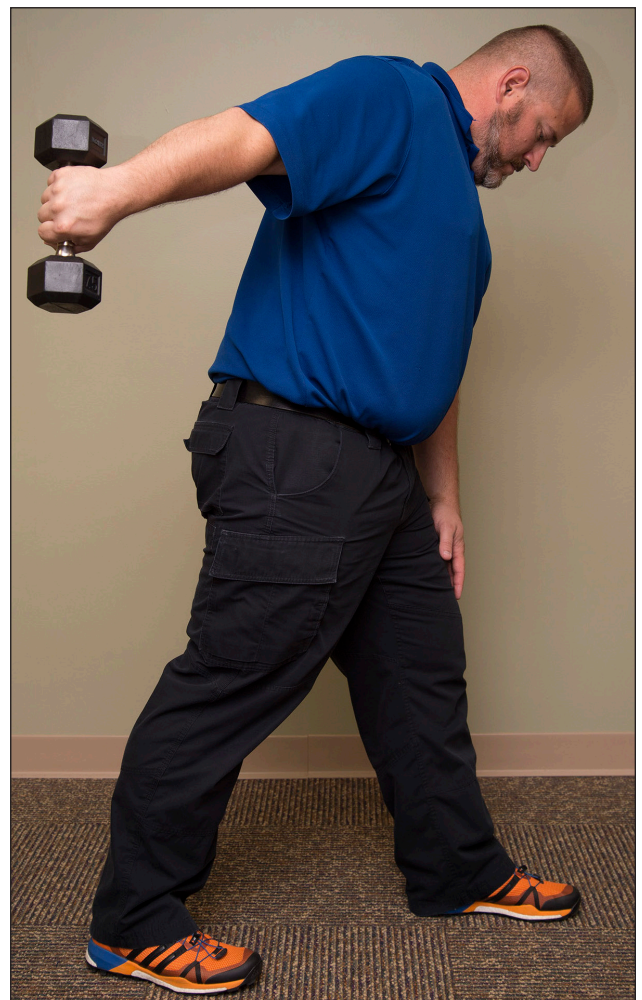
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☐ Elbow Extension

- Stand or sit with your arm bent at 90 degrees. Keep your elbow back with your palm facing your side in your hip pocket. (A)
- Breathe in.
- While you breathe out, extend your lower arm back, keeping your upper back still.
- Hold for 1 count.
- Slowly return to your starting position.
- Repeat 12 to 15 times.
- Switch arms and do the exercise 12 to 15 times.
- Do this exercise 3 times a week, every other day.
- ☐ Use a weight (as pictured).



A



B

☐ Upright Row

- Stand or sit with your arms down and your palms toward your thighs. (A)
- Breathe in.
- While you breathe out, lift your hands under your chin.
- Hold for 1 count.
- Slowly return to your starting position.
- Repeat 12 to 15 times.
- Switch arms and do the exercise 12 to 15 times.
- Do this exercise 3 times a week, every other day.
- ☐ Use a weight (as pictured).



A



B

☐ Shoulder Press

- Stand or sit with your arms bent and your hands at shoulder level. (A)
- Breathe in.
- While you breathe out, lift your arms toward the ceiling.
- Hold for 1 count.
- Slowly return to your starting position.
- Repeat 12 to 15 times.
- Switch arms and do the exercise 12 to 15 times.
- Do this exercise 3 times a week, every other day.
- ☐ Use weights (as pictured).



A



B

☐ Front Arm Raises

- Hold weights. Keep your arms in front of your legs. (A)
- Breathe in.
- While you breathe out, with your palms down, lift your arm to shoulder height.
- Hold for 1 count.
- Slowly return to your starting position.
- Repeat 12 to 15 times.
- Switch arms and do the exercise 12 to 15 times.
- Do this exercise 3 times a week, every other day.
- ☐ Use tubing or a resistant band.



A



B

❑ Arm Curls

- Sit or stand with your feet shoulder-width apart. Put your arms at your sides with your palms forward and your elbows straight. (A)
- Breathe in.
- While you breathe out, curl the weights toward your shoulders. Make sure your elbows are touching your torso.
- Hold for 1 count.
- Slowly return to your starting position.
- Repeat 12 to 15 times.
- Do this exercise 3 times a week, every other day.



A



B

❑ Leg Scoops

- Sit on the edge of the chair. Start with your feet flat on the floor.
- Lift one foot at a time in a scooping motion, making a “backwards pedaling” motion with your foot.
- Slowly return to your starting position.
- Breathe out as you lift your foot higher. Breathe in as you bring your foot back to the starting position.
- Do this exercise 3 times a week, every other day.
- ❑ Put a weight on your knee for more resistance.



A



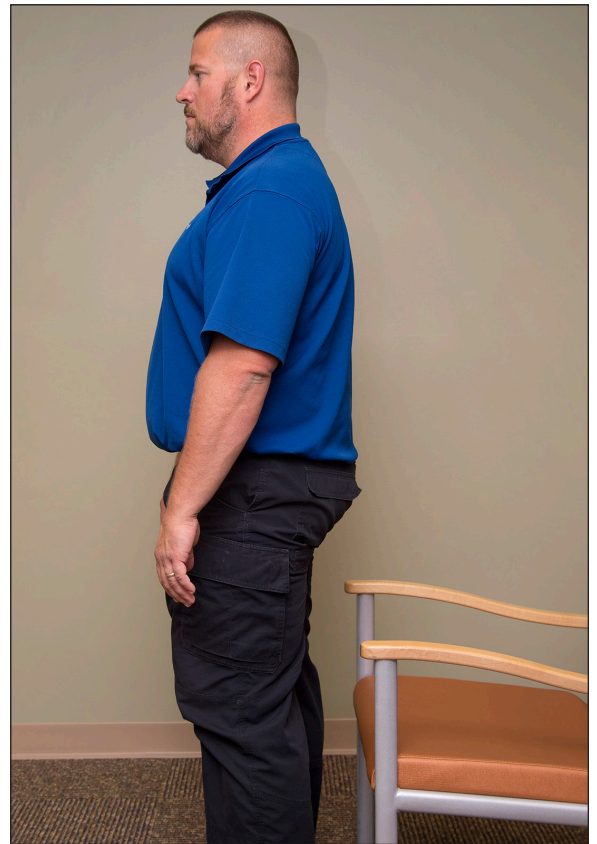
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☐ Squats

- Sit on the edge of a chair. Place your feet shoulder-width apart. Put your hands on your thighs or out in front of you for balance. (A)
- Breathe in.
- While beathing out, lift yourself up, keeping your back straight and your head up. (B)
- Hold for 5 seconds.
- Slowly return to your starting position.
- Repeat 12 to 15 times.
- Switch arms and do the exercise 12 to 15 times.
- Do this exercise 3 times a week, every other day.
- ☐ Hold weights for more resistance.



A



B



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