

# buzz

Manchester  
Health & Wellbeing  
Service



## Exercises to help with COPD\*



An exercise program including cardiovascular and resistance exercises to improve your fitness and reduce breathlessness.

\*Chronic obstructive pulmonary disease

Helping more people, stay more active, more often.

# Exercises to help with COPD.

A specialised programme designed to help you regulate your breathing through exercise rehabilitation.

Your warm up just needs to be a steady 5-10 minutes

## 1. Toe taps

Tap your toes in front of you.

**Aim for 1-2 minutes.**



## 2. Heel digs

Dig your heels in front, bringing your toes towards you.

**Aim for 1-2 minutes.**



## 3. March on spot

March on the spot. Increasing heart rate, preparing your body for exercise.

**Aim for 1-2 minutes.**



# Warm ups

## 4. Side taps

Stand tall, tap your toe at 3 o'clock and 9 o'clock. Work at a pace that feels comfortable.



**Aim for 1-2 minutes.**

## 5. Upper back stretch

Clasp your hands together, push forward with your arms. Place your chin towards your chest and hold.



**Hold for 15-20 seconds.**

## 6. Calf stretch

Place one foot in front of the other, feet should face forward. Heels stay on the floor. Push on the wall.



**Hold 15-20 seconds each leg.**

## 7. Chest stretch

Place your feet hip width apart and your hands on the lower part of your back. Lengthen your collar bone. Look ahead.



**Hold for 10-15 seconds.**

## 8. Side twists

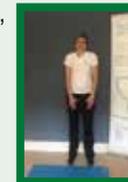
Stand tall, take your arms in front. Exhale, twist and hold. Try to keep the hips forward and work from the waist.



**Do this 10-15 times.**

## 9. Shoulder rolls

Look ahead, stand tall. Roll your shoulders up towards your ears and lower down your back slowly.



**Do this 10-15 times.**

## 10. Side bends

Stand tall, draw your tummy muscles towards your back. Exhale and drop down towards your knee. Lift slowly and swap sides.



**Do this 8-10 times.**

## 11. Hamstrings

Start with your feet together, bend your knees. Place one foot forward and dig your heel. Place your weight on your bent leg.



**Hold for 15-20 seconds.**

## 12. Tricep stretch

Place one arm towards the ceiling, drop your hand down your back. Gently push your arm down your back and hold, change arm.



**Hold for 15-20 seconds.**

## Main session

Exercises can be done in any order but 1-5 take priority

**1. Marching**  
March on the spot.  
**Aim for 1-2 minutes.**



**Record how long you do this for.**

**4. Side steps**  
Step side to side.  
**Aim for 1-2 minutes.**



**Record how long you do this for.**

**7. Squats**  
Place your feet hip width apart. Bend knees, try to stick your bottom out rather than letting your knees go over your toes. Squat down and lift.



**Record how many times you do this.**

**10. Front raise**  
Arms straight, knuckles face the ceiling. Lift and lower.



**Record how many times you do this.**

**2. Steps ups**  
Using your bottom step at home, step up and down. Lead on your right leg then left.  
**Aim for 1-2 minutes.**



**Record how long you do this for.**

**5. High knees**  
Lift knees as high as you can.  
**Aim for 1-2 minutes.**



**Record how long you do this for.**

**8. Leg press with band**  
Place the band under your foot, make sure it is secure. Hold the band tightly in both hands. Lengthen the leg.



**Record how many times you do this.**

**11. Wall press**  
Place hands on the wall at chest height. Think about standing tall. Take your nose towards the wall.



**Record how many times you do this.**

**3. Half star**  
Lift your leg out to the side and take your arms to shoulder height. Lift and lower.  
**Aim for 1-2 minutes.**



**Record how long you do this for.**

**6. Sit to stand**  
Lower yourself slowly down towards the chair. Don't let your knees go over your toes. Stand up without using your hands.



**Record how many times you do this.**

**9. Bicep curl**  
Tuck your elbows into your waist, bring your hands to your shoulders and lower.



**Record how many times you do this.**

**12. Shoulder press**  
Take your hands to shoulder height. Lift towards the ceiling and lower back down.



**Record how many times you do this.**

Rest until breathing is regulated until you start your next exercise

Don't forget to challenge yourself!

## Cool down

These exercises can be completed standing or sitting

**1. March on the spot**  
Stand tall, gently march your feet on the spot while swinging your arms.  
**Aim for 1-2 minutes.**



**4. Shoulder rolls**  
Look ahead and stand tall. Roll your shoulders up towards your ears and then sink them back down your back slowly.  
**Try to do this 5-10 times.**



**7. Upper back stretch**  
Clasp your hands together, push out, take your chin to your chest. As you breathe out, reach forward. Feel a stretch across shoulders/upper back.  
**Hold 15-20 seconds.**



**10. Calf stretch**  
Place both hands against a wall for support. Step back with one foot, making sure your back leg is straight. Both heels should be flat on the floor with both feet facing forwards.  
**Hold 15-20 seconds each leg.**



**2. Toe taps**  
Tap your toes out in front, alternating legs.  
**Aim for 1-2 minutes.**



**5. Side bends**  
Stand tall, exhale and slowly reach one arm down the side of your leg. Ensure you don't bend forwards and repeat both sides.  
**Try to do this 6-10 times.**



**8. Chest stretch**  
Place hands on your lower back, try to squeeze your shoulder blades together. Lift your chin slightly up.  
**Hold 15-20 seconds.**



**11. Quad (thigh) stretch**  
Stand by a wall or use a chair for support. Take hold of your ankle, try to stand tall and keep knees together. If you can't reach your foot, try to grab your trousers or your sock.  
**Hold 15-20 seconds each leg.**



**3. Heel digs**  
Swap from tapping your toes to digging your heels. Your cool down should be slow and controlled.  
**Aim for 1-2 minutes.**



**6. Side twists**  
Arms raised out, elbows bent and in line with your shoulders. Twist your waist and hold. Keep your hips facing forwards as you twist.  
**Try to do this 6-10 times.**



**9. Hamstring stretch**  
Staying at the front of the chair. Stand tall, take one foot forward, lengthen, toes facing towards you. Lastly lean forward and hold.  
**Hold 15-20 seconds each leg.**



**12. Breath and relax**  
Take a deep breath in as you reach up with your arms. Breathe out and push down. This is a breathing exercise to complete your workout.  
**Try to do this 5-10 times.**



Take time to cool down, it's important!



Aim to build  
up your exercise  
duration over the  
weeks

### For help and advice

buzz Health and Wellbeing service

Greater Manchester Mental Health NHS Foundation Trust  
Fallowfield Library, 1st Floor, Platt Lane, Fallowfield, Manchester M14 7FB

Telephone – 0161 2710505. Email - [physicalactivityteam@nhs.net](mailto:physicalactivityteam@nhs.net)

Twitter @buzzmanc, [www.buzzmanchester.co.uk](http://www.buzzmanchester.co.uk)