



Introduction to Pulmonary Rehabilitation

A PHA Classroom Video Resource Guide

Objectives: The goal of the PHA Classroom Exercise Series is to provide people with pulmonary hypertension (PH) information on improving endurance, muscle strength and quality of life through three broad fitness categories: flexibility, strength and cardio. This video series by the Pulmonary Hypertension Association is designed to give you information you need to work with your doctor and pulmonary rehabilitation program to tailor an exercise routine that is right for you.

Regular exercise can improve exercise capacity, muscle function and quality of life for patients with various types of PH.

Pulmonary rehabilitation is a structured program, often six to eight weeks and staffed with health care professionals, that teaches you skills that will help you exercise in a controlled, safe environment. This Introduction

to Pulmonary Rehabilitation video provides an overview of pulmonary rehabilitation and questions you can ask your PH doctor to learn more. PHA recommends learning more about exercise at pulmonary or cardiac rehabilitation when it's available. **Always talk with your PH doctor before beginning an exercise routine.**

Safe Exercise Tips

- Plan to exercise when you have the most energy.
- Always exercise with a partner and never alone.
- If there is furniture around, ensure it's out of the way in case you lose your balance.
- Don't hold your breath during exercise.
- You shouldn't feel exhausted, light-headed or dizzy during exercise. You might feel some shortness of breath, but you should always be able to talk and feel in control. If you don't, slow down and regain control of your breathing. Contact your doctor or call 911 if your shortness of breath doesn't ease after five minutes of rest.
- Your doctor might use your results from a six-minute walk, supervised exercise treadmill or bicycle test to help you create a safe plan for exercise.
- Include a warmup and cool-down into your exercise routine. It might take you more time to warm up than people who don't have PH. Don't feel discouraged if you need a longer warmup.
- Start small and work up. If you feel tired, you have found the limit of what you can do today. You're stronger than you were yesterday.
- If there is no pulmonary rehabilitation near you, ask your doctor if he or she could refer you to a cardiac rehabilitation program.



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Disclaimer: This video and worksheet series has been created for people living with PH interested in learning more about exercise. Included in this series are the opinions of individual PH-treating healthcare professionals and not necessarily those of the Pulmonary Hypertension Association (PHA).

The PHA Classroom Exercise Series does not replace conversations between a patient and his or her PH care team, nor the recommendations that follow these conversations. It is imperative that you have a conversation with your PH team about whether or not exercise is safe and appropriate for you prior to engaging in any exercise activity, including those presented as examples in this series. Your PH team may have recommendations about exercise modifications, exercises to avoid, and any monitoring that would keep you safe. Every person is different, and that is especially true when it comes to people living with PH.

These resources are not designed to be a substitute for medical advice. As with any physical activity, you should talk to

your doctor about whether you are healthy enough to exercise or engage in any activities described in this educational series and the risks of engaging in such activities. PHA makes no warranty or guarantee as to the effectiveness of the methods described within these resources or that the activities are safe for all individuals.

You assume full responsibility for how you choose to use these videos and written resources and hold harmless PHA, its officers, employees and the healthcare professionals who created and participated in this video and worksheet series for any claims arising out of any injury or harm to you relating to your use of these resources.

