Consult your Physiotherapist before starting on your home exercise programme. Clinics B1C (Physiotherapy) TTSH Medical Centre, Level B1 Contact: 6357 7000 (Central Hotline) 6357 8307 (B1C Physiotherapy)



Scan the QR Code with your smart phone to access the information online or visit http://bit.ly/TTSHHealth-Library.

> Was this information helpful? Please feel free to email us if you have any feedback regarding what you have just read at patienteducation@ttsh.com.sg



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Department of PHYSIOTHERAPY

## Phase 1: Cardiac Rehabilitation Programme



## **Monitoring Your Exercise**

## HEART RATE (HR)

- □ Take your HR
- 1. At rest before you start your exercise Resting Heart Rate (RHR)
- 2. During exercise
- 3. After the cool-down phase
- □ You can monitor your HR with a HR monitoring watch or HR monitoring apps
- □ Target Heart Rate (THR)

= RHR + 20

Do not allow your heart rate to exceed your safe exercise THR during exercise.

## You can monitor your breathlessness using the scale below:

MODIFIED BORG SCALE (LEVEL OF EXERTION)

0	Nothing at all
0.5	Very slight
1	Very light
2	Fairly light
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very Hard
8	
9	
10	Very, very hard

	Exercise	
Warm-up (5 –10 mins)	Conditioning (20 – 45 mins)	Cool-down (5 – 10 mins)
<ul> <li>To prepare the body for more vigorous exercises</li> <li>Includes slow walking for about one minute, free hand exercises and stretches</li> <li>Modified Borg Scale should be 1 – 2</li> </ul>	<ul> <li>To gradually increase the level of physical activity</li> <li>Excellent exercise: Brisk walking on level ground</li> <li>Modified Borg Scale should be 3 – 4</li> </ul>	<ul> <li>To allow breathing &amp; blood circulation to gradually return to resting levels</li> <li>Includes slow walking for about one minute and stretches</li> </ul>
	ecommended Exercise Guideline bic Exercise - Walking on Level Gr	

1 <sup>st</sup> week 10 mins walking at a comfortable pace	- 2 – 3 times/day - Daily
2 <sup>nd</sup> week 15 mins walking at a comfortable pace	- 2–3 times/day - Daily
3 <sup>rd</sup> week 20 mins walking briskly	- 1–2 times/day - Daily
4 <sup>th</sup> week 25 mins walking briskly	<ul> <li>1 – 2 times/day</li> <li>3 – 5 times per week</li> </ul>