

Clinics B1C (Physiotherapy)  
TTSH Medical Centre, Level B1  
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Consult your Physiotherapist before starting on your home exercise programme.

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)

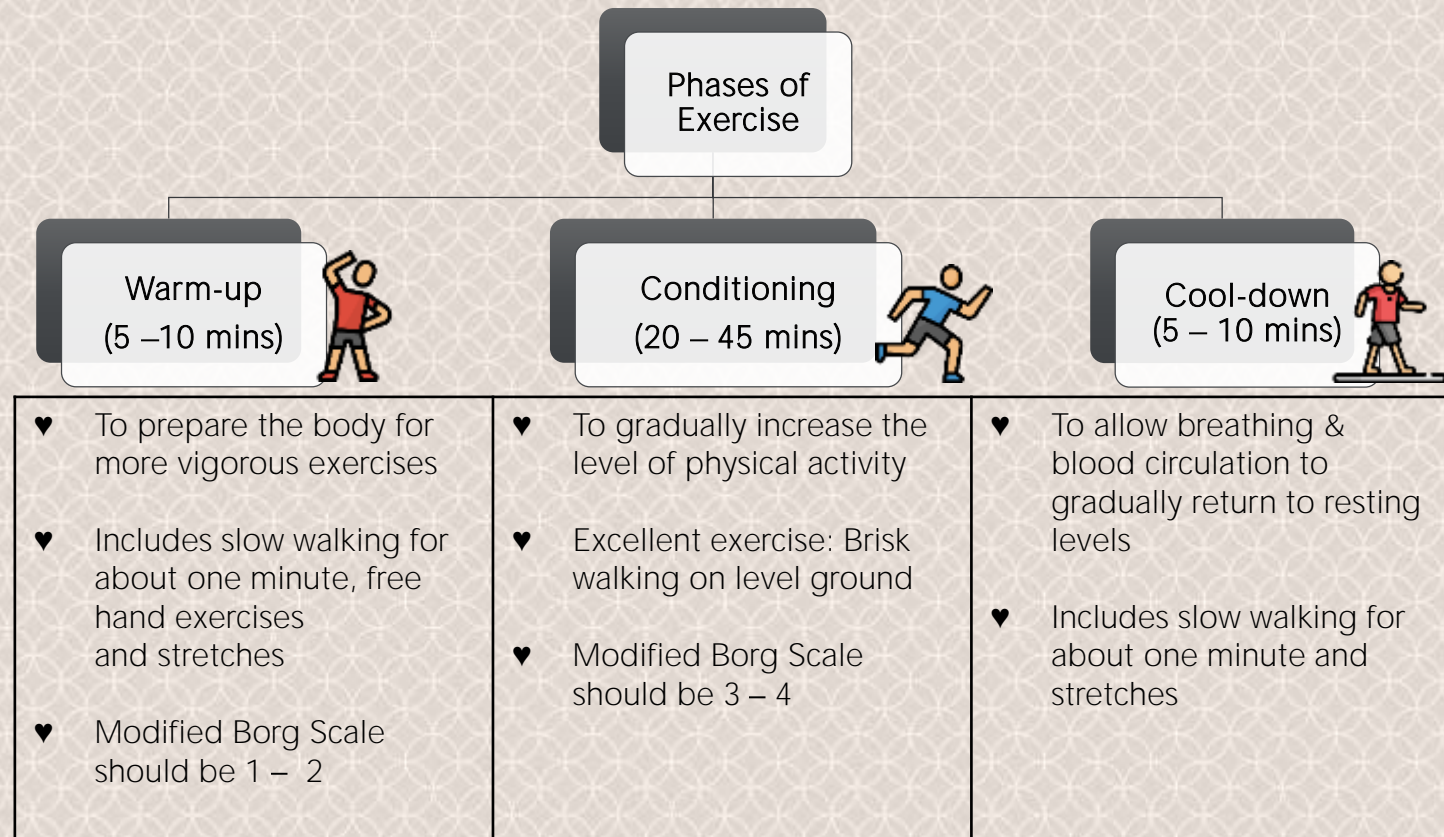
$$= RHR + 20$$

☐ 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



Recommended Exercise Guidelines 'Aerobic Exercise - Walking on Level Ground'	
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	- 1 – 2 times/day - 3 – 5 times per week