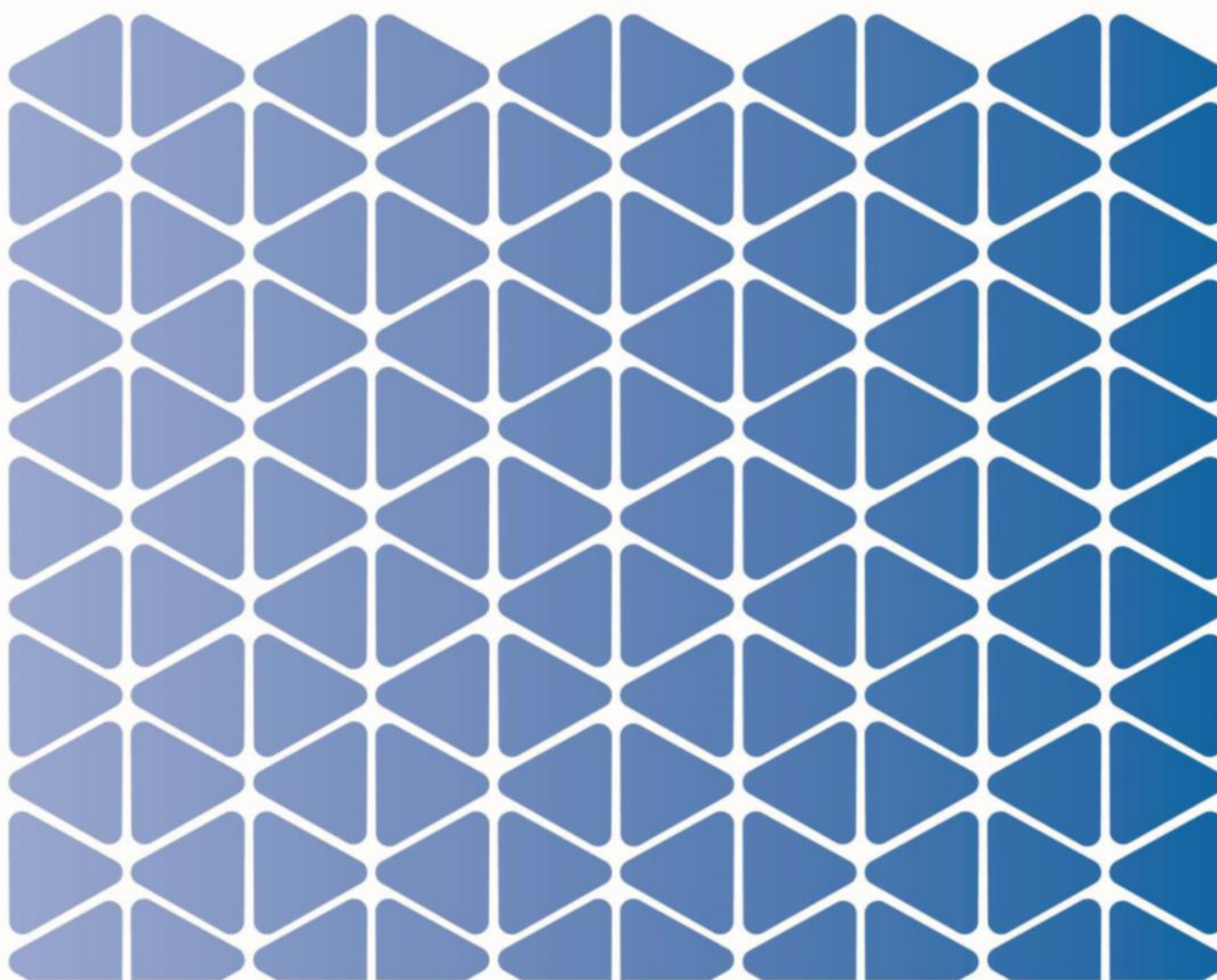




PATIENT INFORMATION

SELF-DIRECTED REHABILITATION AND INFORMATION PACK



Self-directed Rehabilitation and information pack

This information pack has been put together specifically for you and your family during the COVID-19 pandemic to aid your rehabilitation as you recover from your illness.

We will endeavour to support you throughout your rehabilitation journey however we expect to have a significant impact on our resources so have put together an information pack to help guide you with useful exercises for different stages of your rehab.

Having had a significant illness and period in hospital it is not uncommon to become weak very quickly to become weak very quickly, many people are very surprised at just how weak they become. There are often significant problems which develop around joint stiffness, muscle tightness and reduced fitness; this can lead to long-term disability. These exercises will play a vital role in maintaining and improving muscle strength and joint movement.

Name:
Therapist:
Contact information:
Date:

Things that can help you to get stronger:

You will continue to be helped with your daily needs but you will be encouraged to do your own functional activities wherever possible, this can include, washing or feeding yourself or brushing your teeth.

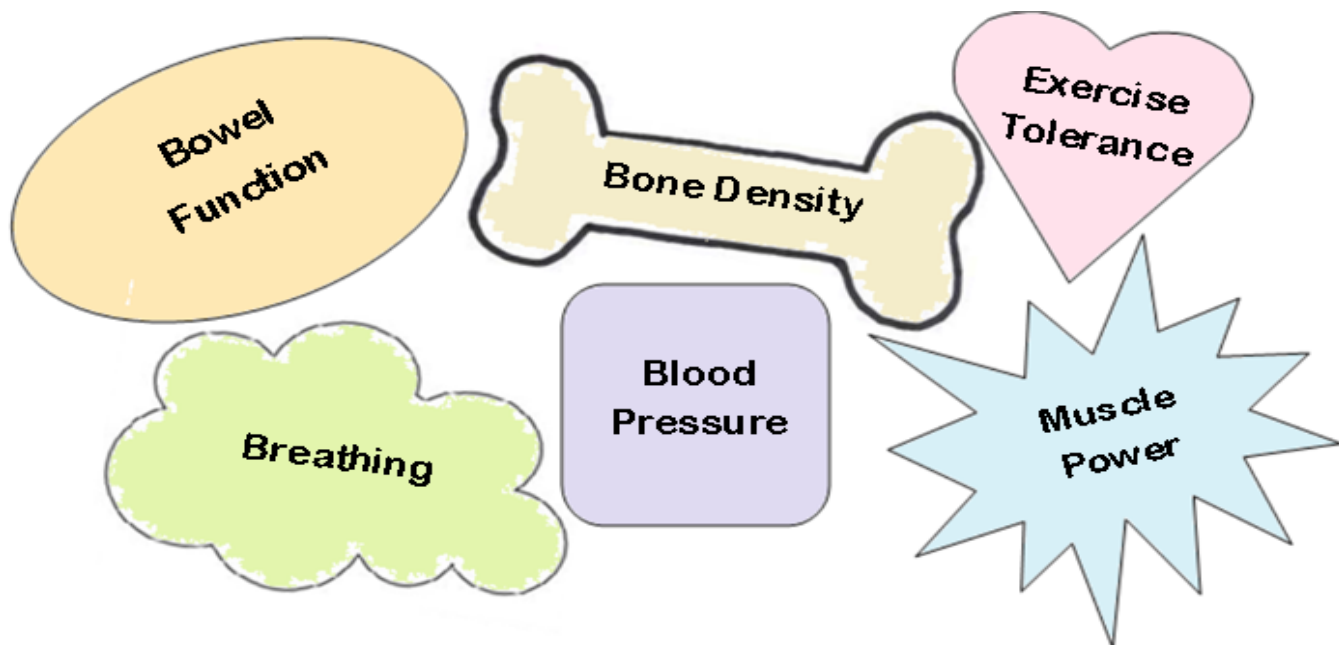
Getting into a daily routine and pacing your day will allow you to adjust your activity levels to include times of rest and times of activity to get the most out of your rehabilitation journey. Pacing is finding your own level whereby you are able to complete necessary daily activities and exercises towards your rehabilitation without inducing fatigue significant enough to impact on your abilities over the following days.

This may be a bit of trial and error – keeping a diary or having an informal weekly review of your abilities may help you to see your progress or note any issues with pacing/fatigue management. Should you feel you have done too much, allow yourself a couple of days to recover – completing just a few gentle exercises on these days and then start again at a level of exercise you know you are capable of and slowly increase again.

Exercise is important after being ill and helps you to recover from your time in intensive care. While you were ill your body took some of the energy needed to survive from its stores in your muscles, meaning they may be smaller and weaker. It takes time to get your strength back.

Getting out of bed is very important

Even when you don't feel well or are feeling tired, getting up can help your:



The therapy team will be on hand to support you with getting out of bed the first few times. We understand it can be a very daunting prospect but we would reassure you that we have the skills to facilitate getting you moving as early as possible.

Evidence shows early mobility which includes sitting in a chair will aid your recovery. We have a selection of devices that provide valuable support if and when you need them.

A selection of exercises has been put together in this booklet to aid your recovery. The key benefits of exercise include:

- Help to strengthen your heart and lungs
- Help to rebuild the muscle you lost during your illness
- Help to reduce stress
- Help you to get good refreshing sleep
- Improve movement in your joints
- Improve your confidence.

Your therapist will be able to give you advice on the number of exercises to do and can guide you through the different sections.

Not all exercises need to be done at once, break them down into manageable bite size chunks. Start with 6 - 8 repetitions of each activity then increase as able.

The exercises in this booklet are divided into sections:

Breathing exercises: Regular deep breathing exercises will help to maintain a clear chest, lower your risk of further chest infections and reduce your oxygen requirements.

Stretches: (Stage 1 and advanced): Within intensive care there may be long periods where you will be unable to move yourself during your recovery. This will lead to muscle and joint stiffness. Stretches are very important to allow your muscles to regain their range of movement, function and help with your rehabilitation.

Bed exercises: This is a good place to start and can be commenced in the early stages of your rehabilitation.

Chair exercises: As soon as you start sitting out in a chair you can begin to do these exercises. They can be done alongside the bed exercises as well as on their own.

Advanced exercises: These are designed to be a progression of the other exercises for when you are up and walking around, they include further core exercise, stretches and standing exercises.

None of these exercises should cause any pain or discomfort. If you find any that are too difficult or cause discomfort STOP attempting it and ask for a therapy review for any adjustments. We are very resourceful and can often deliver alternative exercises for you.

ACTIVE CYCLE OF BREATHING TECHNIQUES (ACBT)

This should be used as a guide to patients who have already been instructed by a Physiotherapist. It provides written information to guide you through the steps of the Active Cycle of Breathing Techniques to help you clear your chest.

1. Relaxed Breathing

Keeping your upper chest and shoulders relaxed, rest your hand on your stomach and breathe in slowly and gently through your nose, feeling your tummy rise as you breathe in and fall as you breathe out. Continue until your breathing is calm and steady

2. Deep Breathing

Slowly breathe in as deeply as you can through your nose. As you breathe in, you should feel your ribs expand out to the sides. Pause for 2-3 seconds then breathe out gently through your nose. Perform 3-4 deep breaths.

3. Relaxed Breathing Repeat stage 1

4. Huffing

Low Huff – This technique helps to bring the secretions from the bottom of the lungs up a little higher.

Take a small breath in, then, with your mouth open as if you are steaming up a mirror, breathe out steadily but with some force, trying to empty out right to the bottom of your lungs.

High Huff – This technique helps to clear the secretions from the upper airway.

Take a big breath in, then, with the mouth open, make a short, sharp breath out as if steaming up a mirror.

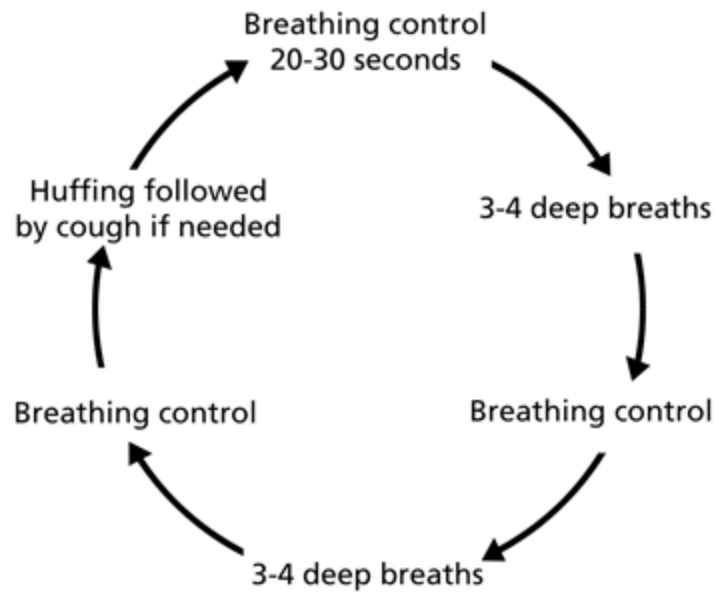
Each of these huffs can be repeated as needed, with relaxed breathing in between if required

5. Relaxed Breathing repeat stage 1

6. Cough

If it is felt that sputum is present, then cough to clear.

Summary



Repeat the cycle until your chest feels clear.

We would recommend that you practice the cycle at least every couple of hours to help keep your chest clear.

Your therapist could advise you any alternative positions to use whilst doing your ACBT to help make it most effective.

Hints and Tips

- Take your time with the exercises and use the relaxed breathing to rest/recover
- If you feel tight, wheezy or breathless do longer periods of the relaxed breathing
- Try not to do your exercise immediately after a meal to prevent feelings of sickness
- Once you are familiar with the cycle, you can vary its use to meet your needs

Stretching

Stretching can be done as soon as you can start to move by yourself. It is a really important part of your rehabilitation journey.



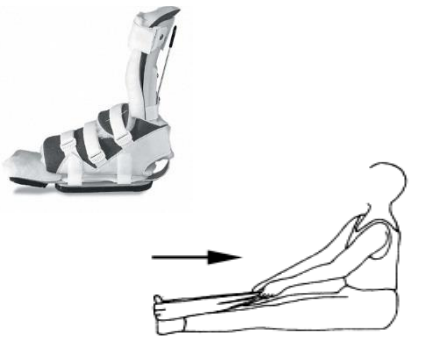
With severe illness you may experience long periods of inactivity which will lead to global stiffness and discomfort. By regularly stretching you can help to improve your flexibility and help your muscles recover and regain their function. During the initial stages of your illness and recovery the therapy team will assist with the stretches you are physically unable to perform independently however it is important for this to become part of your daily routine as soon as physically possible.

An ideal stretch involves a **slow and smooth movement** in one direction up to a point where you can start to feel tension. You should aim to hold this position for at least 30 seconds and then the tension should ease. Repeat at least 3 times.

A stretch should never be painful. If you are holding a painful stretch this may cause your muscles to tighten and cause further problems.

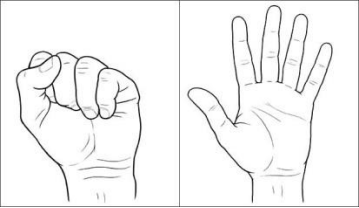
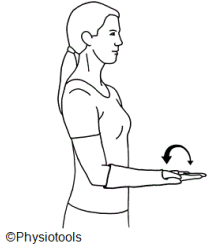

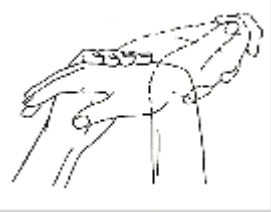
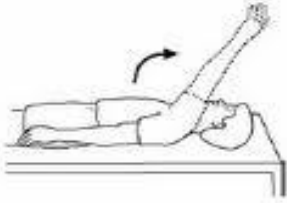
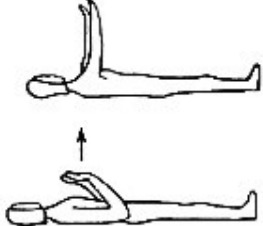
A stretch should never be a fast movement as this may also cause further injury to the muscle. If you have any difficulties with the stretches please STOP and highlight to a member of the therapy staff.

Stretches – Stage 1

1. Neck Rotations Turn your head to one side until you feel a stretch and hold. You can use your hand to increase the stretch.	
2. Knee rolling Lie on your back with your knees together and bent. Slowly roll your knees to one side and then the other, try and keep your back flat on the bed.	
3. Ankle Stretch Maintaining range of movement at your ankle is very important but stretching this joint usually requires assistance or a standing position. A splint may be given to you in order to provide your ankle with a prolonged stretch. If able you can perform an ankle stretch using a towel to help – place the towel around the foot and pull equally in both ends of the towel.	 TOWEL STRETCH


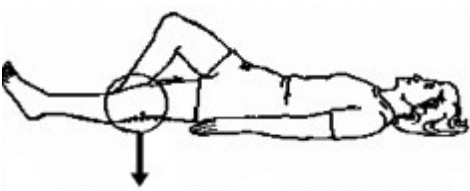
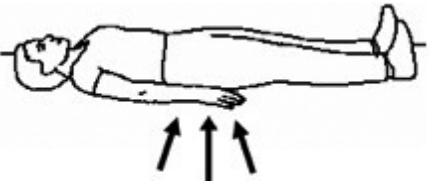

Bed Exercises – Upper limbs

Aim for 6-8 of each.

1. Hand/ Grip Clench your fingers closed to make a fist and stretch them out fully again.	
2. Supination/Pronation Turn your hand up to the ceiling and back down to the floor.	 <small>©Physiotools</small>
3. Elbow bend/straighten Start with your elbow straight and then bend to touch your shoulder	
4. Wrist Stretch Hold palm of hand and gently bend and straighten your wrist	
5. Shoulder flexion Lift your arm in the air until you feel a stretch.	
6. Adapted Push up Bend your arms and touch your shoulders with the back of your hands. Push your arms up towards the ceiling and then return them to the starting position.	

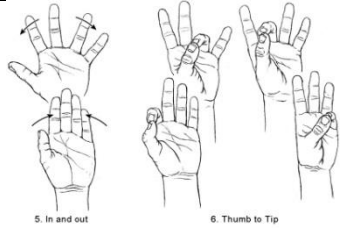



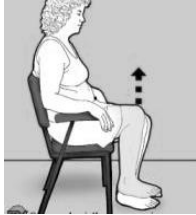
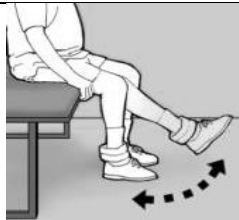
Bed Exercises Legs

Aim for 6-8 of each.

<p>1. Ankle pumps</p> <p>Move your ankles up and down.</p> <p>30 times</p> <p>You may feel a stretch on your calf, this is expected.</p>	 A line drawing of a right foot and lower leg. Two curved arrows indicate the movement of the foot: one pointing up towards the shin and the other pointing down towards the heel.
<p>2. Straight leg squeeze</p> <p>Push your heel away and point toes to ceiling.</p> <p>Push your knee down into the bed. .</p> <p>Hold for a count of 5 seconds, relax and repeat.</p>	 A line drawing of a person lying on their back. A circle is drawn around the knee area, with a downward-pointing arrow indicating the direction to push the knee into the bed.
<p>3. Bottom squeeze</p> <p>Squeeze your buttock muscles together as tightly as possible.</p> <p>Hold for a count of 5 seconds.</p> <p>Then relax for 10 seconds</p>	 A line drawing of a person lying on their back. Three upward-pointing arrows are positioned under the buttocks, indicating the direction to squeeze the muscles together.
<p>4. Knee bends</p> <p>Start with your legs straight.</p> <p>Bend one knee by sliding your heel up towards your bottom.</p> <p>Now slowly straighten your leg back out by sliding your heel away from you.</p> <p>(Please be aware of potential skin damage or sore areas on your heel from being in bed, if so avoid sliding motion and seek advice)</p>	 A line drawing of a person lying on their back. One leg is bent at the knee. A dashed line shows the leg in a straight position. A double-headed arrow on the floor indicates the sliding motion of the heel towards and away from the body.

Chair exercises

Aim 10 of each.

<p>1. Finger/Thumb exercises</p> <p>a) Spread your fingers apart and back together again.</p> <p>b) Touch your thumb to the tip of each finger.</p>	 <p>5. In and out</p> <p>6. Thumb to Tip</p>
<p>2. Trunk rotations</p> <p>Cross your arms and turn your head and body to the left and right.</p>	
<p>3. Shoulder reach</p> <p>Lift your arm up towards the ceiling. Look up and try and reach as high as you can.</p>	
<p>4. Hands out</p> <p>Keep your elbows tucked in and move your hands out to the side.</p>	
<p>5. Marching on the spot</p> <p>March your legs whilst sitting</p>	
<p>6. Leg straight</p> <p>Straighten one knee at a time, hold 5 seconds.</p>	

Advanced exercises: Core

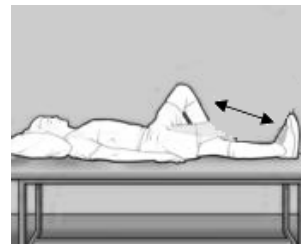
1. Pelvic tilt

Lying on your back bend both of your knees up. Pull in your abdominal muscles and tilt your pelvis to flatten your back as if tucking a tail under your bottom



2. Knee slides

In lying bend both your knees up. Tense your stomach muscles and straighten out one leg at a time whilst keeping your stomach muscles tense. Ensure that your back remains in contact with the bed.



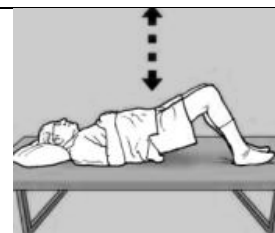
3. Bent knee fall out

In lying bend both of your knees up. Keep one knee still (imagine you are balancing a cup on it) roll the other leg out to the side in a controlled fashion. Bring the leg back to the middle tightening your stomach muscles as you go. Don't let your knees wobble!



4. Bridge

In lying bend both of your knees up. Tighten your bottom muscles and lift your bottom off the bed.



Advanced Exercises: Standing

Only try these exercises if you can walk independently or have been advised to do so by your therapist.

Wear loose, comfortable clothing and keep a glass of water handy.

Try doing these exercises daily, this will help to improve muscle strength, balance and co-ordination and ultimately your independence.

Build up slowly and aim to increase the repetitions of each exercise over time.

Hold on to a firm surface for all standing exercises. Keep the body upright and toes pointed forward.

1. Leg abduction

Lift the leg out to the side, and back to the centre.



2. Marching on the spot

Try and lift your knee as high as possible.





Keep your standing leg straight and still.



3. Calf raises

Stand up on your toes and gently back down.



<p>4. Leg extensions</p> <p>Lift the leg out behind you, and back to the centre. Keep leg straight. Make sure to not lean forwards as you do it.</p>	
<p>5. Knee bends</p> <p>Bend your knee lifting your heel up behind you.</p>	
<p>6. Sit to stand</p> <p>Have a chair or bed behind you. Sit down very slowly and controlled. Then stand back up. Use your hands if you need to, as you get stronger try crossing your hands across your chest.</p>	
<p>7. Balance</p> <p>In standing start to challenge your balance in the following ways. One at a time (Use support if needed)</p> <ul style="list-style-type: none"> • Stand with feet closer together. • Transfer your weight from one foot to the other. • Turn to look over either shoulder, slow and controlled 	

Advanced stretches:

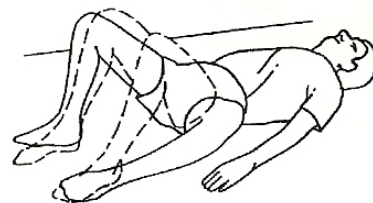
1. Shoulder stretch

Lying on your back with hands behind your neck and elbows pointing towards the ceiling. Gently lower your elbows back towards the bed.



2. Hip Adductor Stretch

Lie on your back with knees bent and feet on the bed, hip width apart. Turn the soles of your feet to face each other, slowly lower your knees outward. Hold this position. Keep your back flat during the stretch.



3. Full Body Stretch

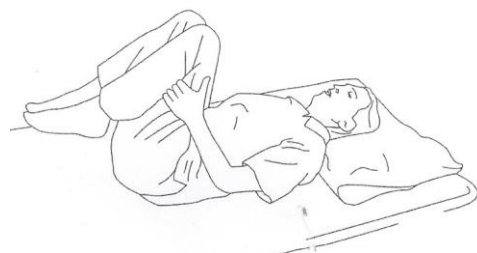
Lie on your back and stretch your arms above your head and point your feet downwards.



4. Back Stretch

Lie on your back and bring your knees up towards your chest, use your arms to help. If you are not able to do 2 legs at a time you can do each leg individually.

You should feel a stretch in your lower back.



Section for Patients and Relatives

This is some space for you or your relatives to write down any questions and/or record significant events that you want to remember.

Day/Date	Significant events

Patient Goals

This page can be used by yourself or your rehabilitation team to share goals for treatment and things you would like to aim for.

Date set	Goal	Completed

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.