

COPD & Exercise: How Can It Help?

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**For Those With COPD,
Exercising Can Be Scary...**

A woman with short blonde hair, wearing a grey hoodie, is walking on a paved path in a park. She is looking to her right. The background features trees with green and yellowing leaves, suggesting an autumn setting. A blue rectangular graphic element is positioned in the top right corner of the image.

**However, There Are
Many Benefits To
Exercising...**

A photograph of a middle-aged man with grey hair and a beard, wearing a red long-sleeved shirt and black shorts, in a starting crouch on a beach. The background is a blurred beach scene with the ocean and a cliff in the distance. A blue rectangular graphic element is located in the top right corner of the image area.

**There Are Many Ways To
Start!**

COPD & Exercise



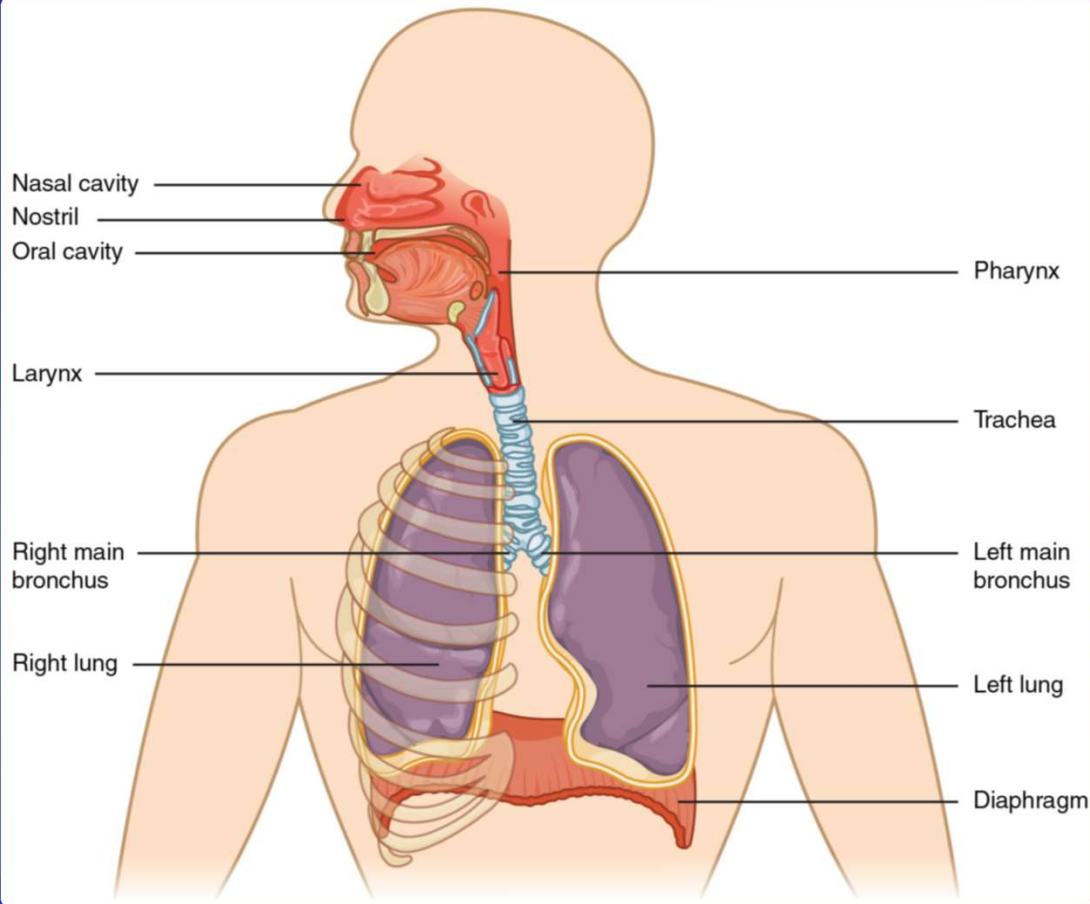
Review



Benefits



Getting Started



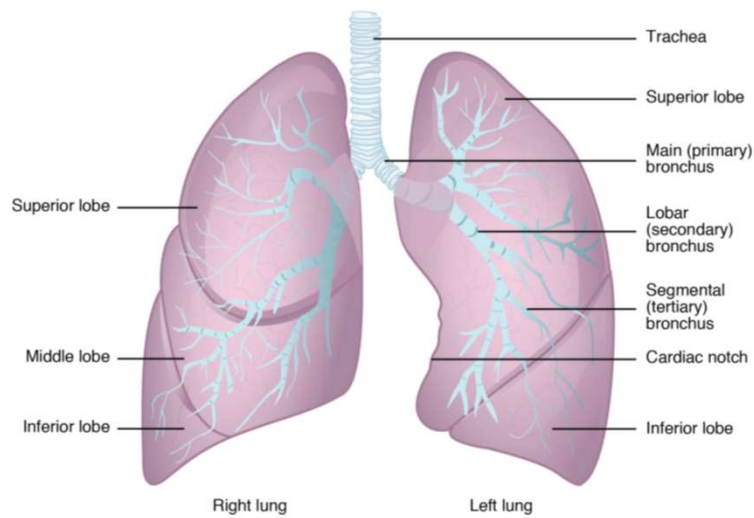
The Respiratory System

Function

- ▶ Provides Oxygen
 - ▶ For Energy Production
- ▶ Removes Carbon Dioxide
- ▶ Maintains Acid-Base Balance
- ▶ Non-Vital Functions:
 - ▶ Sensing Odors
 - ▶ Speech
 - ▶ Straining



Anatomy



▶ Divided Into 2 Zones:

▶ Respiratory Zone

- ▶ Responsible For Gas Exchange

▶ Conducting Zone

- ▶ Other Roles
- ▶ Air Travels From The Nose, Down The Trachea, And Into The Left/Right Bronchi
- ▶ Collective Term For Multi-branched Bronchi

Impacts On Daily Life



- ▶ Reduced Endurance
 - ▶ Climbing Stairs
 - ▶ Walking
 - ▶ Household Chores
- ▶ Difficulties To Maintain Employment
- ▶ May Require Oxygen Tanks
 - ▶ Can Restrict Where You Are Able To Go
- ▶ Reduced Social Activities
- ▶ Can Impact Mental Health



Benefits Of Exercise

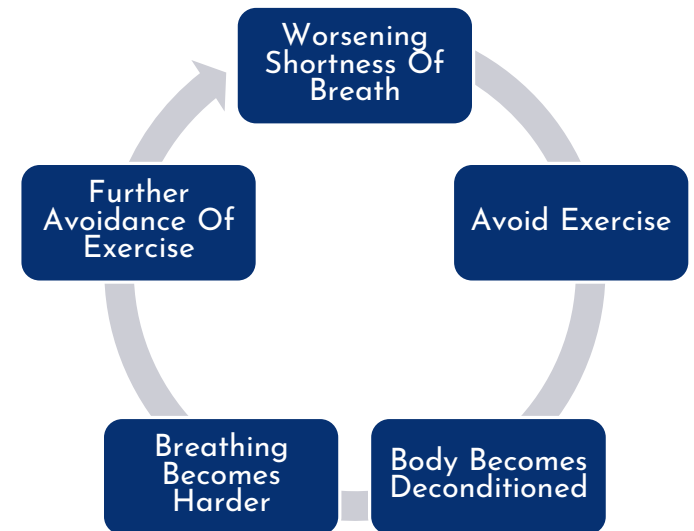
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4933612/>

**[Exercise] Is One Of The Most
Powerful Tools To Manage COPD
— Second Only To Quitting
Smoking**

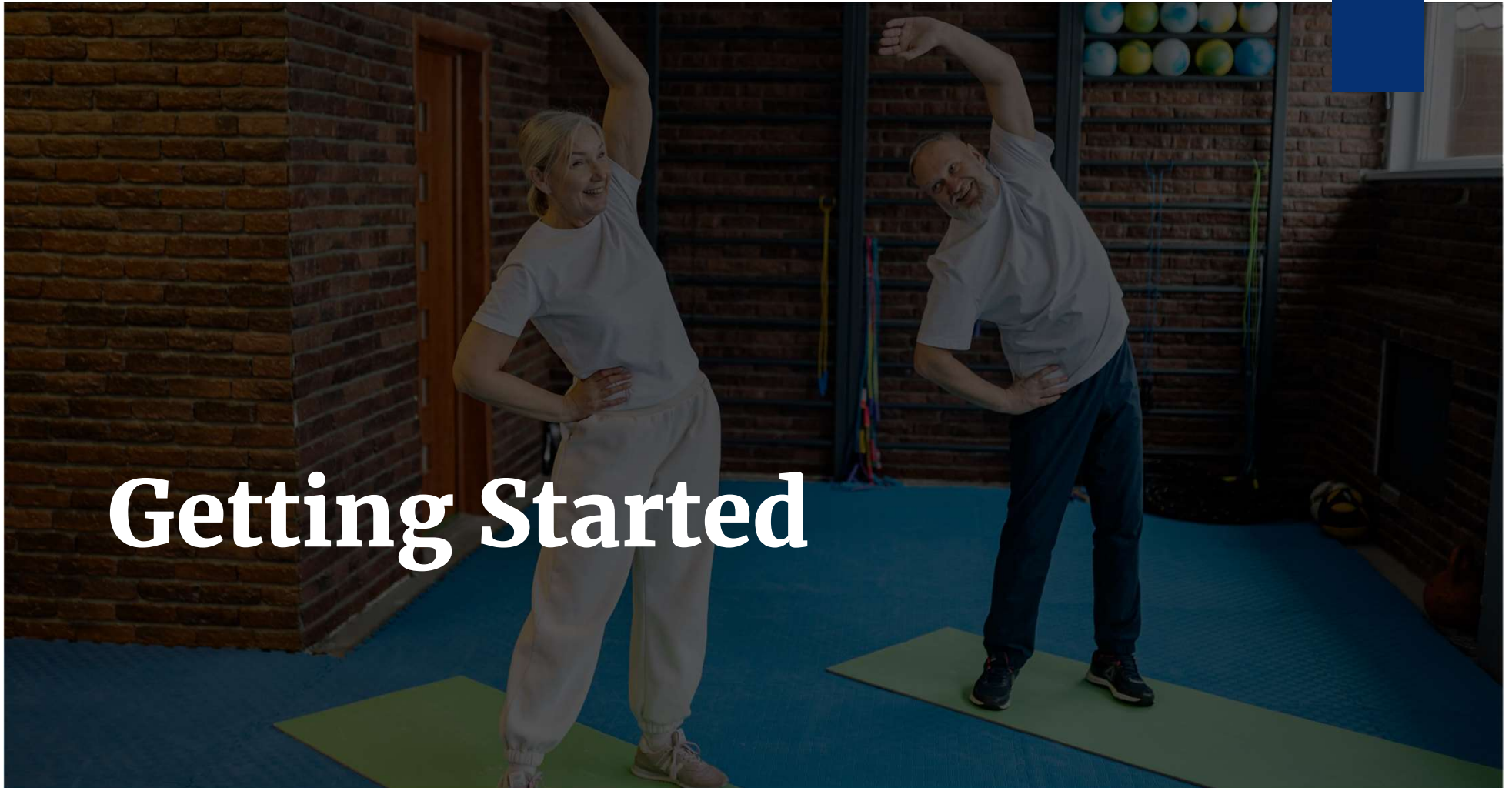
THE LUNG ASSOCIATION

Benefits

- ▶ **Helps Stop A Terrible Cycle**
 - ▶ Exercise Can Help Reverse The Cycle!
- ▶ **Improves**
 - ▶ Heart, Lung And Muscle Efficacy
 - ▶ Energy Levels
 - ▶ Socializing Opportunities
- ▶ **Reduces**
 - ▶ Stress Levels
 - ▶ Effects/Symptoms Of COPD
 - ▶ Risks Of Other Diseases



Getting Started



Getting Started



Breathing



Posture



Aerobic



Strengthening

Be Careful With All Exercises, And Consult A Kinesiologist If You Have Any Concerns

Before You Get Started: Recommended Steps

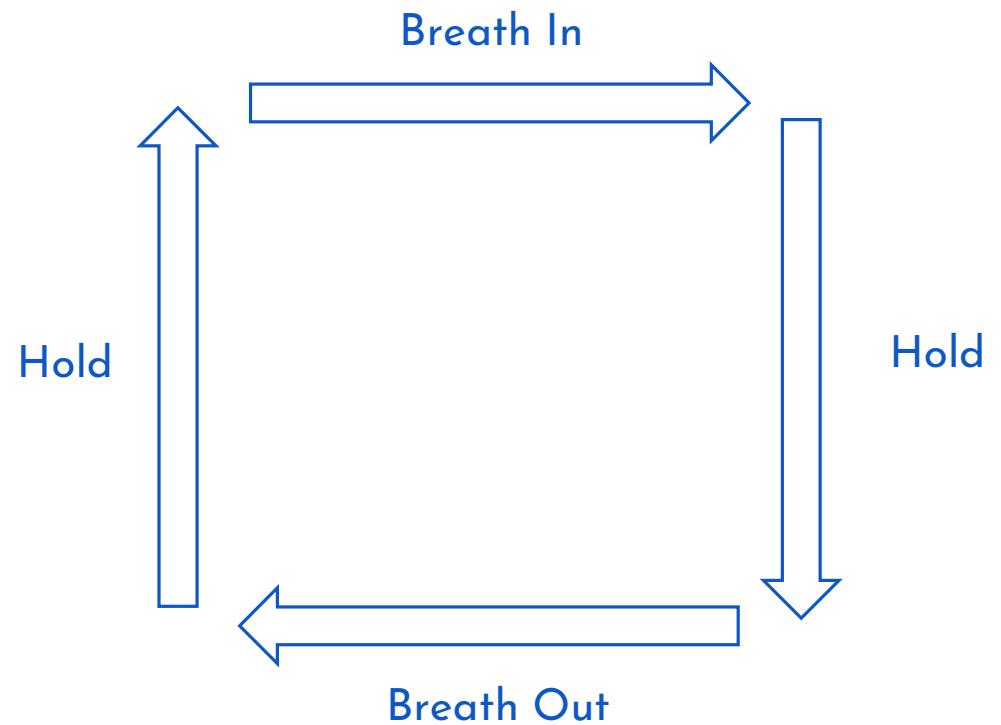
- ▶ Check With Your Doctor And Pharmacist
 - ▶ Discuss How Medication Should Be Used In Relation To Exercise
- ▶ Complete The Physical Activity Readiness Questionnaire
 - ▶ https://Ubc.Ca/Qualtrics.Com/Jfe/Form/Sv_8nneom7xqnqandg
- ▶ Have A Pulse Oximeter Available, If Necessary
- ▶ Start Slowly And Be Patient
- ▶ Set SMART Goals
 - ▶ <https://Www.Simplyhs.Ca/Presentations/The-power-of-goal-setting?Rq=goal>



<https://www.lung.ca/sites/default/files/PhysicalActivity.pdf>

Breathing

- ▶ Start With Box Breathing
 - ▶ Focuses On Slow, Deep Breaths
- ▶ Ensure You Are Sitting Upright In A Chair
 1. Breath In For 3 Seconds
 2. Hold For 3 Seconds
 3. Breath Out For 3 Seconds
 4. Hold For 3 Seconds
- ▶ As You Improve, Increase The Time Periods



Other Breathing Techniques

- ▶ Pursed Lip Breathing

- ▶ Causes You To Breath Slower
- ▶ “Like Blowing On Hot Food”

- ▶ Diaphragmatic Breathing

- ▶ Helps To Encourage The Use Of Your Diaphragm

- ▶ Breathing Exercises

- ▶ Helps Calm The Nervous System
- ▶ Lowers Blood Pressure
- ▶ Reduces Anxiety
- ▶ Improves Pain Management
- ▶ Increases Benefits Of Additional Exercises

Posture

- ▶ Helps To Improve:
 - ▶ Flexibility
 - ▶ Ability To Rotate
 - ▶ Ribcage Mobility



Aerobic

- ▶ Exercise That Increases Your Heart Rate
- ▶ Examples Include:
 - ▶ Seated Minibike
 - ▶ Walking
 - ▶ Jogging
 - ▶ Swimming
 - ▶ And Many More...
- ▶ Increases Blood Flow
- ▶ Improves Breathing Capacity
 - ▶ Oxygen Utilization



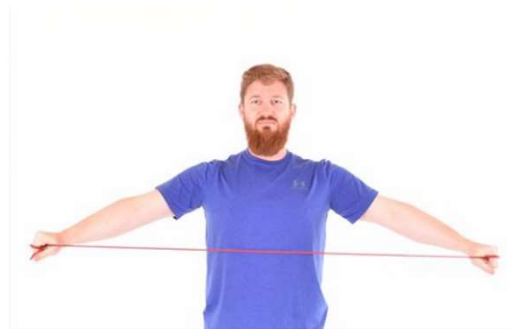
<https://Shop.Wellwise.ca/Products/Cubii-jr2-compact-seated-elliptical?Variant=41991180845229>



<https://www.Loblaws.ca/Soozier-portable-mini-pedal-exercise-bike-indoor-c/P/SP72343?Marketplace-only=true>

Strengthening

- ▶ Helps Maintain Your Posture
- ▶ Improves Strength And Endurance
- ▶ For COPD, Upper Body Exercises Is Especially Helpful



Strengthening

- ▶ Exercise Template Can Be Found At:
- ▶ <https://static1.squarespace.com/static/618734ac1fa3752a4f8fbef2/t/63780ad338429a70b0c27ac1/1668811479734/Exercise+For+COPD.pdf>



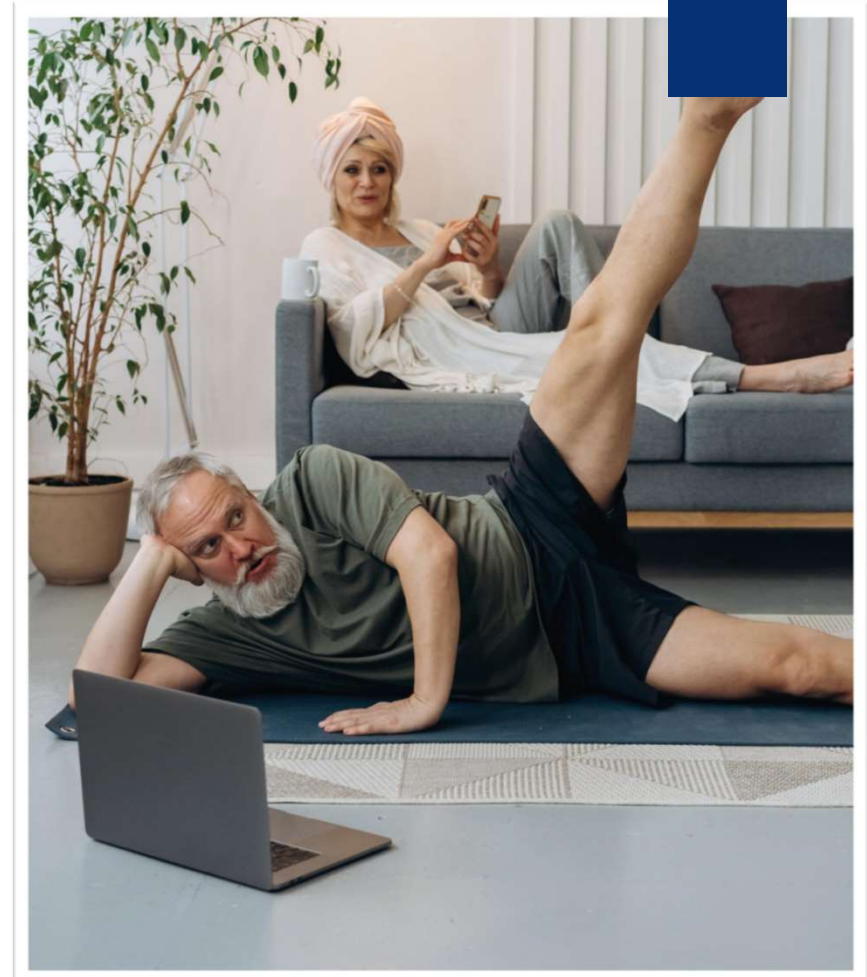


Start Small...

- ▶ It Can Be Scary To Start
 - ▶ Especially With COPD
- ▶ A Little Is Better Than Nothing
- ▶ Keep Challenging Yourself In Manageable Ways!

Want Additional Support?

- ▶ Book A Virtual Appointment With Me!
 - ▶ 1 Hour One On One For Initial Session
- ▶ A Kinesiologist Can Help You Use Exercise For:
 - ▶ Chronic Diseases And Injuries
 - ▶ Arthritis
 - ▶ Low Back Pain
 - ▶ Tendonitis And Bursitis
 - ▶ Falls Prevention
 - ▶ Performance
 - ▶ Improving Health And Independence



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