



## Sample Exercise For COPD

Attached are some typical exercises for those with COPD. This should be used as a template, rather than a prescription.

Exercises should be attempted with caution, and ensure you have spoken with your doctor before undertaking a new exercise routine (especially if you are currently not active).

For all exercises, ensure you are taking your time and not becoming breathless.

Contact a Kinesiologist if you are experiencing negative symptoms to discuss possible modifications.



## Breathing Training

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

### 1. Breathing | Diaphragmatic

Reps: 5 | Hold: 3-10 Seconds

#### Preparation:

- Place your hands on the front of your stomach

#### Execution:

- Expand your stomach into your hand as you breathe in deeply
- You can also add box breathing to this method



Hands on stomach



Breathe stomach into hands



# Posture

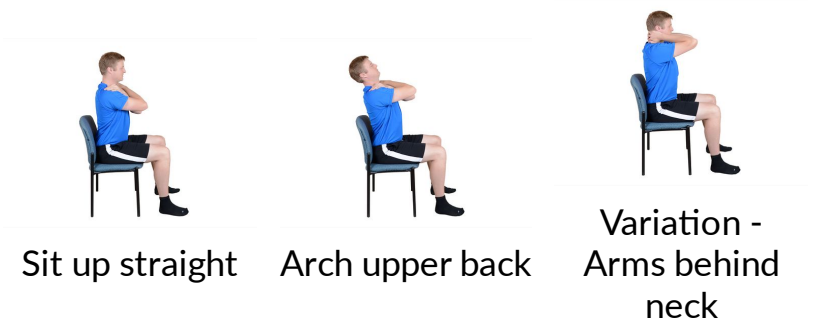
It is important to maintain good posture to allow your lungs to fully expand when breathing.

## 1. Thoracic Extension (Chair)

Sets: 1 | Reps: 3 | Hold: 10 Seconds

### Preparation:

- Sitting with good posture
- Cross your arms over your chest
- The chair should have a firm and straight back support lower than your shoulders



Sit up straight

Arch upper back

Variation -  
Arms behind  
neck

### Execution:

- Arch your upper back over the back of the chair
- Movement should not occur at the lower back



Arch upper back

## 2. Thoracic Rotation

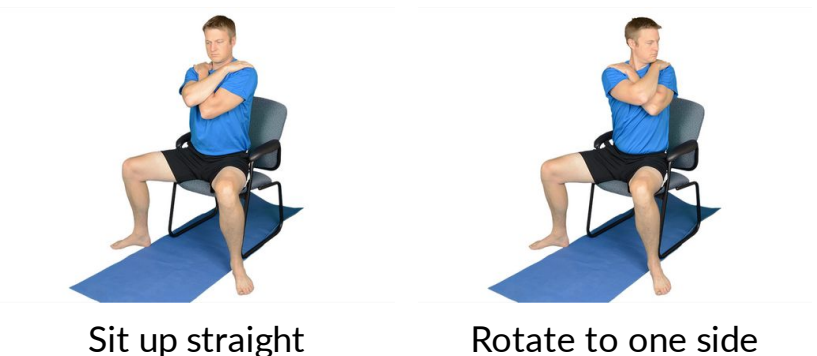
Sets: 1 | Reps: 3 | Hold: 10 Seconds

### Preparation:

- Sit in a chair with good posture, arms across chest
- Legs spread wide and feet flat on the floor

### Execution:

- Twist your upper back to one side



Sit up straight

Rotate to one side



### 3. Trunk Flexion + Extension (Chair)

Sets: 1 | Reps: 3 | Hold: 10 Seconds

#### Preparation:

- Sit tall on the edge of the chair with feet flat on the ground

#### Execution:

- Hands on thighs
- Inhale lean trunk towards thighs, lift chest
- Exhale arch back into chair, round shoulders



Inhale lean trunk towards thighs, lift chest



Exhale arch back into chair, round shoulders

### 4. Shoulder Chest Stretch (Door Frame)

Sets: 1 | Reps: 3 | Hold: 10 Seconds

#### Preparation:

- Place arms at shoulder level on either side of a doorframe.

#### Execution:

- Step forward. You should feel a stretch across the front of your chest.

#### Important:

- Do not support your weight with your arms.



Arms against doorframe - Lean forward



## Resistance

Resistance/strength training can help increase muscle and bone strength, and increase your ability for perform activities of daily living (grocery shopping, walking...)

### 1. Good Mornings (Chair)

Sets: 2 | Reps: 10

#### Preparation:

- Sit with good posture with your arms crossed on your chest

#### Execution:

- Hinge at the hips, and bend forward
- Keep your back straight as you lower



Sit with good posture with your arms crossed on your chest



Hinge at the hips and bend forward, keeping your back straight

### 2. Row | Unilateral (Band)

Sets: 2 | Reps: 10

#### Preparation:

- Sit tall with good posture, band looped around one leg

#### Execution:

- Row the band towards chest



Start Position



Row toward chest



### 3. T Row | Sternum (Band)

Sets: 2 | Reps: 10

#### Preparation:

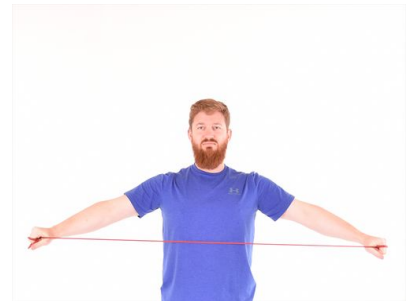
- Stand with hands in front of shoulders as shown

#### Execution:

- Pull band towards sternum with control
- Bring shoulder blades together
- Keep elbows straight



Start Position



Pull band towards sternum with control

### 4. Side Plank (Wall)

Sets: 2 | Reps: 5 | Hold: 10 Seconds

#### Preparation:

- Stand with forearm on the wall as shown

#### Execution:

- Hold plank position



Hold plank position



## 5. Wall Plank | Forearms

Sets: 2 | Reps: 5 | Hold: 10 Seconds

### Preparation:

- Position yourself with forearms against wall as shown

### Execution:

- Keep trunk engaged, do not let lower back arch



Plank against wall

## 6. Superman | Arm+Leg Lift

Sets: 2 | Reps: 5 | Hold: 10 Seconds

### Preparation:

- Lay on your stomach
- Arms above head

### Execution:

- Lift your arms off the floor slightly



On stomach, arms above head



Lift arms



BREATHING TRAINING POSTURE

1. Breathing   Diaphragmatic		Reps: 5 Hold: 3-10 Seconds						
1. Thoracic Extension (Chair)		Sets: 1 Reps: 3 Hold: 10 Seconds						
2. Thoracic Rotation		Sets: 1 Reps: 3 Hold: 10 Seconds						
3. Trunk Flexion + Extension (Chair)		Sets: 1 Reps: 3 Hold: 10 Seconds						
4. Shoulder Chest Stretch (Door Frame)		Sets: 1 Reps: 3 Hold: 10 Seconds						

RESISTANCE

1. Good Mornings (Chair)		Sets: 2 Reps: 10						
2. Row   Unilateral (Band)		Sets: 2 Reps: 10						
3. T Row   Sternum (Band)		Sets: 2 Reps: 10						





4. Side Plank (Wall) Sets: 2   Reps: 5   Hold: 10 Seconds




5. Wall Plank | Forearms Sets: 2   Reps: 5   Hold: 10 Seconds




6. Superman | Arm+Leg Lift Sets: 2   Reps: 5   Hold: 10 Seconds