

General exercise recommendations

The American College of Sports Medicine in conjunction with The American Heart Association has established physical activity (exercise) guidelines for adults. They are as follows:

- 30 minutes of moderate-intensity aerobic exercise (brisk walk), 5 days a week for a total of 150 minutes.

Or

- 25 minutes of vigorous-intensity aerobic exercise (jogging), 3 days a week for a total of 75 minutes

Or

A combination of the two.

- In addition, at least twice a week, perform a full-body resistance exercise routine (about 30 minutes).

Keep in mind that the recommendations above are considered the minimum amount of exercise you should do. These recommendations are guidelines and don't need to be followed to the letter. They are, however, a good base on which to develop your own exercise regimen.

Specific at home exercises

While many people are issued an independent exercise program as their sole form of treatment, some people may require more direct supervision and more precise control of the exercise than can be achieved at home. If you feel that your program is not helping you, please bring this to the attention of your health professional. If after several attempts at an independent exercise program you still have not achieved your goals, treatment on site may be necessary. If you experience any difficulties with your program or have any questions, please contact your health professional.

Glossary of Exercise Terms

Repetition: the performance of the exercise one time. For example, bending and straightening the elbow is one repetition.

Set: The performance of all the prescribed repetitions one time. For example, if the exercise needs 10 repetitions of bending the elbow, this would be one set. If instructions say three sets, this means do ten repetitions, rest, and do another ten repetitions, rest, and then another ten repetitions.

Times/day: The number of daily sessions that the repetitions and sets are to be performed.

Hold: This pertains mainly to stretches. It means how long you maintain the stretch or position. For example, if you are to stretch your arm over your head and hold 30 seconds, then you would keep you arm over your head for thirty seconds.

Rate: This is related to how fast the repetition is performed. For example if the rate says one repetition per three seconds for bending and straightening the elbow, it would take you three seconds to bend and straighten your elbow.

Practical Exercise Tips

- Include proper warm-up and cool-down activities with your resistance training program.
- Perform all exercises in a slow and controlled manner. At no time should you feel “out of control”.
- Breathe evenly while performing these exercises. Exhale during the more difficult phase of the repetition. Don’t hold your breath.

Caring for Elastic Bands and Tubing

- Always examine the resistance band or tubing before use for small nicks, tears, or punctures that may cause the band to break. If you find any flaws, discard the product and replace before performing any exercises.
- Store all resistance bands and tubing out of direct sunlight and away from extreme temperatures.
- If the bands or tubing becomes sticky, clean with mild soap and water, dry flat, and then dust with talcum powder.

- Exercise Pro. Program documentation. Vers. 6. N.p., n.d. Web.