

Becoming more active
active
active

Salford Royal **NHS**
NHS Foundation Trust

University Teaching Trust

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Getting Started With Exercise

To motivate and support change



Pain Centre
Irving Building

0161 206 4002
painreception@srft.nhs.uk



You can be

agile
 animated
 committed
 devoted
 energetic
 effectual
 enthusiastic
 functional
 lively
 moving
 on the go
 on the move
 operate
 spirited
 sprightly
 vibrant
 vital
 vivacious

Listed below are examples of the pros and cons people may consider when deciding whether or not they should begin an exercise programme.

Read through these examples and then list your own thoughts for and against beginning to exercise.

Reasons in favour of exercising

Exercise will stop me feeling so stiff and help me "loosen" up

It could help me to control my pain

I enjoy exercising

Exercise will help me get fitter so that I can do more of the things I want to do

Reasons against exercise

I've been advised not to exercise in the past

I've exercised before and all that happened was I felt even more pain than ever

I'm not sure it is safe for me, if I exercise I may harm or damage my body

I don't have time to exercise

List your own reasons

For

Against

If you have a long list of reasons against beginning an exercise programme then you will need to work hard to get started.

Can you challenge some of the reasons ?

For example :

Reason against exercise

I'm not sure it is safe for me, if I exercise I may harm or damage my body

Challenging this reason

I've been thoroughly assessed at the Pain Centre and reassured that it is safe for me to exercise

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Your exercise programme

The key to increasing your fitness successfully is to follow a proper training programme. You will be advised on a structured exercise programme and given full instructions during the exercise sessions.

The stretching exercise programme

Getting started

- Think of the 3 'S's when carrying out your stretching programme. 'S'low, 'S'ustained and 'S'teady.
- Move slowly into the stretching position.
- Sustain (hold) the stretch for a slow count of 5 seconds.
- Steadily release the stretch and return to the start position. Repeat each stretch twice.

Progressing

Progress by gradually building the length of time you hold each stretch up to 20 seconds.

The strengthening programme

Getting started

Establish your initial exercise quota (baseline) i.e. number of repetitions you can achieve without overdoing it. It is important to set your initial quota at an easily achievable level to help you gain confidence and reduce 'fear' of injury.

Progressing

Progress by increasing the number of repetitions you do. You will need to achieve a balance between increasing by too much or too little to achieve most benefit. Increase by too much and you will lose control of your pain. Increase by too little and you will fail to make progress.

It is important you follow your exercise programme according to your plan and not according to your pain levels. For some of the strengthening exercises it is beneficial to hold for a count of 5 seconds - this will be indicated on your instruction sheet. As well as increasing the number of repetitions you can also progress your strengthening exercises by using weights. The physiotherapist will advise you on the use of weights. Record your increasing quotas and achievements on the charts provided. This will help you to see your progress and gain confidence.

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The aerobic exercise programme

The recommended level of aerobic exercise for everyone is 20 minutes 3 times each week. Examples of aerobic exercise are brisk walking, swimming and cycling. As with all other exercise it is important to pace up aerobic exercise gradually.

Getting started

Initially begin at a level you can easily achieve. For example this may be 10 minutes of brisk walking or 5 minutes on a stationary exercise bike.

Progressing

Work out by how much you are going to increase the exercise each day and stick to this plan.

Record your achievements so you can see your progress :

Activity	Baseline	Pacing up	Mon	Tues	Wed	Thurs
Cycling	5 mins	2 mins	5 mins	7 mins	9 mins	11 mins



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Jeżeli potrzebne jest Państwu to tłumaczenie, proszę zadzwonić pod numer.

Urdu

اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic

إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese

如果需要翻译，请拨打电话

Farsi

اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

0161 206 0224

or Email:

InterpretationandTrans@srft.nhs.uk

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This is a teaching hospital which plays an important role in the training of future doctors. The part patients play in this process is essential to make sure that we produce the right quality doctors for all of our futures. If at any time you would prefer not to have students present please inform the doctor or nurses and this will not affect your care in anyway.

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