

EXERCISE INSTRUCTIONS

Post Ablation

*Always follow the advice of your provider (doctor/nurse practitioner/physician assistant).
The instructions below are general and should only be done with their approval.*

General Guidelines

- Warm-up: 5-10 minutes
- Aerobic: 30-60 minutes continuous exercise (use RPE – see next page)
- Weight Training: 10-20 minutes
- Cool-down: 5-10 minutes
- Stretching: Up to 5 minutes of light stretching

Warm-up

Easy/light movement that prepares muscles for aerobic and/or weight training exercise.

Aerobic

- Done most days of the week.
- Uses large muscle groups working together.
- Should cause an increase in heart rate (HR) and breathing rate, but you should still be able to carry on a conversation.
- Examples: walking, swimming, biking, and using a Nustep®.

If unable to perform 30 minutes of continuous exercise, try interval training.

- Continuous exercise - exercise at the same pace for entire time
- Interval Training - vary exercise with easier to harder segments, for example:
 - walk at a comfortable pace for 3 minutes and
 - then try increasing speed or elevation for up to 1 minute,
 - then return back to original pace for another 3 minutes and
 - then repeat as you are able.

Weight Training

- Aim for high repetitions with light weights 2-3 days per week,
- Start with 1 set of 15 per muscle group (legs, back, chest, shoulders, arms) and
- Increase up to 3 sets of 15 when able to tolerate.
- Strength training should only be done after some form of aerobic warm-up.
- Be sure to exhale (breathe out) on the exertional part of the exercise (when you are contracting the specific muscle you are training).
- **Note:** it is not safe to do isometric training (pushing against a fixed object or a high resistance without movement) at this time.

Cool-down

Similar to the warm-up; light movement to help bring your HR back down to its resting level.

Stretching/Flexibility

- Decreases muscle soreness and increases flexibility.
- Done after every workout session.
- Hold stretch up to 30 seconds (as tolerated) without moving, and be sure to keep breathing.

PRECAUTIONS

- Your physician should clear you before you start an exercise program.
- Exercise may result in fluid loss (dehydration) so drink fluids to prevent low blood pressure after exercise. However, patients on fluid restriction should ask for more specific advice.

WHEN TO CALL & WHO TO CALL

If you have any of these symptoms before or during exercise, stop exercise immediately and contact your physician:

- Chest pain
- Rapid heart rate
- Shortness of breath, trouble breathing
- Lightheadedness, or
- Anything that feels different than usual.

RATING OF PERCEIVED EXERTION (RPE)

Use this scale to find the intensity level of your exercise. A rating of 11-13 is ideal.

6	
7	Very, Very Light
8	
9	Very Light
10	
11	<i>Fairly Light</i>
12	
13	<i>Somewhat Hard</i>
14	
15	Hard
16	
17	Very Hard
18	
19	Very, Very Hard
20	

For questions about exercise, call the exercise consultants at :

Cardiovascular Center

734-936-5627

Cardiovascular Medicine at Domino's Farms

734-998-5666 or 998-7400

Developed by Preventive Cardiology (Exercise Physiologists), UMHS.