



EXERCISE INSTRUCTIONS

Aneurysms

Always follow the advice of your provider (physician/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
- Weight Training: 10-20 minutes
- Cool-down: 10-15 minutes
- Stretching: Up to 5 minutes of light stretching

NOTE: Heavy lifting or high intensity exercise is not safe due to the risk of increasing your blood pressure, therefore increasing the risk of rupturing the existing aneurysm.

Warm-up

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

Aerobic

- Uses large muscle groups working together.
- Done 3-6 days of the week at a moderate intensity.
- Moderate aerobic activity is allowed for those with small-medium sized aneurysms (abdominal, aortic or thoracic).
- 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:

- Slow down and try to increase time rather than the intensity.
- Slowly increase intensity after you have reached your time goal.
- If you cannot perform an entire workout at one time, intermittent training can be done. This is done by performing 10-20 minutes of aerobic exercise more than once a day, up to 30-60 minutes total.

Weight Training

- When blood pressures are not controlled, avoid weight lifting exercises unless cleared by your physician.
- Aim for high repetitions with light weights 2-3 days per week.
- Start with 1 set of 12-15 per muscle group (legs, back, chest, shoulders, arms).
- Increase up to 3 sets of 15 when able to tolerate.
- Strength training should only be performed after some form of aerobic warm-up.
- Be sure to 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 (slightly longer to lower blood pressure); light movement to help bring your heart rate (HR) and blood pressure (BP) back down to a resting level.

Stretching

- 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 begin any exercise program. People with large abdominal, aortic or thoracic aneurysms should avoid all types of activity, even if at mild levels unless cleared by your physician.

WHEN TO CALL & WHO TO CALL

If you have any of these symptoms before or during exercise, stop exercise immediately and consult with your physician prior to any further activity:

- Chest pain/back pain/jaw pain
- Shortness of breath
- Coughing and hoarseness, 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