

EXERCISE INSTRUCTIONS

Pulmonary Hypertension

*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.*

PRECAUTIONS

- Your physician should clear you before you start an exercise program.
- All training should be started under direct supervision.
- Oxygen saturation may need to be checked during exercise.
- Outdoor exercise should be avoided during hot and humid weather.
- 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.

General Guidelines

- Warm-up: 5-10 minutes
- Aerobic: 10-30 minutes continuous, low-moderate exercise (see RPE)
- 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 your muscles for the 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 and swimming.

It is not recommended to exercise upper and lower limbs at the same time (example: NordicTrack or Nustep®).

If unable to perform 10 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 2 minutes and
 - then try increasing speed or elevation for up to 1 minute,
 - then return back to original pace for another 2 minutes and
 - then repeat as you are able.

Weight Training

- Aim for high repetitions (reps) with light weights 2-3 days per week,
- Start with 1 set of 15 reps per muscle group (legs, back, chest, shoulders, arms) and

