

# ALS Exercise Guide

## Cardio

- Exercise Bike with Seat
- Overground Walking
- Treadmill Walking
- Arm Bike
- Aquatic activities
- Stepping/stairs
- Running/jogging
- 2-3 x / wk
- 20 - 30 minutes
- Moderate Intensity

HR:

## Strengthening

- Rows
- Pull-downs
- Overhead press up
- Seated tricep dips
- Wall pushup
- Bridge
- Standing hip extension
- Standing hip abduction
- Calf raises
- Squats or Sit to Stand
- Marches
- Breathing exercises
- 3 sets x 5 repetitions
- 2 - 3 x / wk

## Stretching

- Shoulder flexion
- Shoulder abduction
- Elbow extension
- Finger extension
- Wrist extension
- Hip flexion or extension
- Knee extension
- Ankle dorsiflexion
- Chest stretch
- 1x -2x / day
- 30 - 60 second hold x 3 repetitions

# Breathing Techniques

## Diaphragmatic Breathing

Lie on your back on a flat surface (or in bed) with your knees bent. You can use a pillow under your head and your knees for support, if that's more comfortable.

Place one hand on your upper chest and the other on your belly, just below your rib cage.

Breathe in slowly through your nose, letting the air in deeply, towards your lower belly. The hand on your chest should remain still, while the one on your belly should rise.

Tighten your abdominal muscles and let them fall inward as you exhale. The hand on your belly should move down to its original position.



## Inspiratory Muscle Training

Make sure you are sitting or standing upright

Seal your inspiratory muscle training device with your lips

Breathe in as deep and as hard as you can for about 2 seconds

Breathe out through the device as you normally would

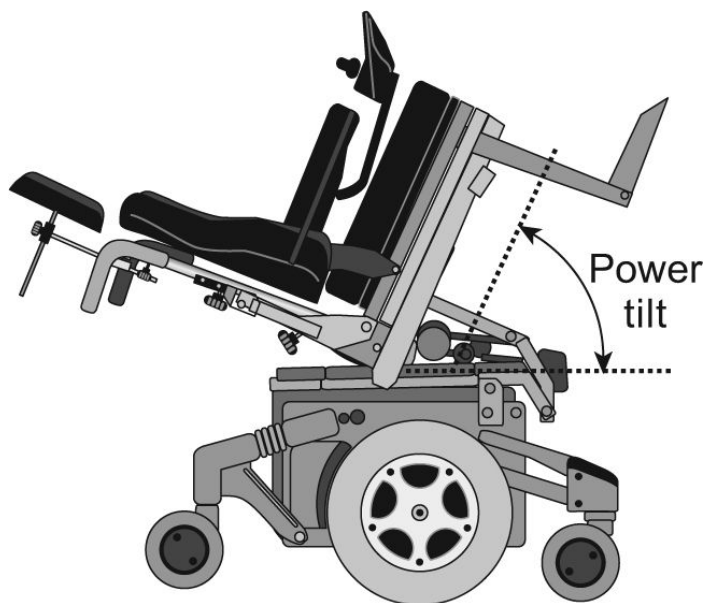
If you get very tired after using the device, cannot catch your breath, or your heart races: stop using the device. When you feel better, you can start using the device again.



2 sets of 20 repetitions, 1 min rest between sets

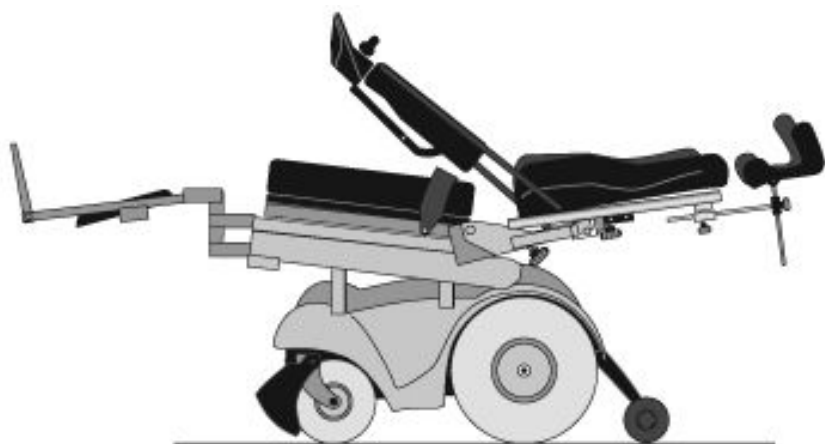
3 - 5 x / week

# Pressure Relief



## Tilt systems

maintain the seat to back angle but change the angle orientation to the ground. Tilt angle of between 25 and 65 degrees has been shown to provide pressure relief, but 15 degrees or less does not provide adequate pressure relief. This figure shows a 65 degree tilt.



## Recline systems

provide a change in seat-to-back angle while maintaining a constant seat angle with respect to the ground. The use of recline affects the vertical (downward) pressure and horizontal pressure on your skin.

Tilt and recline features provide the most pressure relief when used in combination