

## Resistance Chair Guideline for Chronic Obstructive Pulmonary Disease Rehabilitation

### General Information

Chronic obstructive pulmonary disease (COPD) is a medical condition that describes two major types of lung disease: chronic bronchitis and emphysema. COPD is characterized by an obstruction in airflow through the lungs secondary to narrowing and inflammation that restricts normal oxygen uptake. This disease is often secondary to breathing fumes, such as tobacco smoke, over a long period of time. The rehabilitation of COPD aims to reduce symptoms, improve overall functional status, increase activity, and fitness level. COPD rehabilitation involves upper and lower extremity exercises, education, breathing techniques, and both psychological and social support to improve quality of life (1).

The Resistance Chair general conditioning and aerobic program provides a tool for both upper and lower extremity exercising as part of a complete rehabilitation program. One study found patients with COPD that engaged in a lower extremity exercise regimen versus a conventional program increased their walking distance by almost 25% (2).

### Resistance Chair Recommendations

Management of COPD is very complex, requiring special respiratory medications, smoking cessation, sequential pulmonary function tests, and sometimes supplemental oxygen during exercise. Exertion level should normally not exceed a level where normal conversation can occur comfortably. Certain rescue medications for shortness of breath, such as Albuterol, and supplemental oxygen should be kept nearby during any increased activity level. The Resistance Chair general conditioning and aerobic program is an ideal home exercise solution for individuals with mobility restrictions due to COPD.

### References

1. Troosters, T, Casaburi, R, Gosselink, R, Decramer, M. Pulmonary rehabilitation in chronic COPD. American Journal of Respiratory Care Medicine 2005; 172:19.
2. Sinclair, DJ, Ingram, CG. Controlled trial of supervised exercise training in chronic bronchitis. British Medical Journal 1980; 280: 519.

General disclaimer: Consult your physician before using exercise equipment or starting an exercise program. Please read the complete disclaimer before using any Active Aging equipment or products.

General Precautions: Stop exercise if you experience pain and consult your physician before resuming the Resistance Chair exercise program.