

### CARDIAC REHABILITATION PROGRAMME

TIME	8am - 9am	10am - 11am	12n - 1pm	3pm - 4pm	5pm - 6pm	7pm - 8pm	10pm - 11pm
<b>UPPER LIMBS (5 - 15 X)</b>							
ARM FLEXION							
ELBOW FLEXION							
HAND SQUEEZE							
<b>LOWER LIMBS (5 - 15 X)</b>							
LEG FLEXION							
KNEE FLEXION							
DORSI / PLANTAR FLEXION							
<b>RESPIRATORY EXERCISES</b>							
(5 - 10 X) Inhales as deeply as possible to 5 counts. Exhale as must as possible. Then repeat							