ProgrEss exercise programme
- To aid recovery from Venous Thromboemboli

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How did it start?
The Team

- Consultant Haematologist
- Specialist Physiotherapists
- Specialist Pharmacist
ProgrEss
Initial Assessment

• Baseline measures
• Lifestyle advice
• Safety
• Relevance
Breathlessness

Fatigue/ pain/ shortness of breath

Deconditioning \( \downarrow \) activity

Modified BORG 3-5
10-Week ProgrEss Programme

- Up to 16 participants
- Warm up
- Circuit with 10 exercises
- 2 minutes each
- Cool down
Outcomes

- Daily physical activity
- Quality of life
- Exercise tolerance & strength
- Confidence to exercise
- Fatigue
Example

<table>
<thead>
<tr>
<th>Outcomes - pt A</th>
<th>Pre-programme</th>
<th>Post- programme</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incremental shuttle walking test</td>
<td>90m</td>
<td>770m (improvement &gt; minimal clinically important difference of 47.5 metres)</td>
</tr>
<tr>
<td>Fatigue</td>
<td>8/10</td>
<td>1/10</td>
</tr>
<tr>
<td>PE-specific quality of life (PEmbQoL)</td>
<td>25.9</td>
<td>8.95</td>
</tr>
<tr>
<td>Grip strength L</td>
<td>23.1 kg</td>
<td>26.6 kg</td>
</tr>
<tr>
<td>Health-related quality of life (EQ5D)</td>
<td>31331+40</td>
<td>11111+90 (improved mobility, usual activity, pain/discomfort and self-reported health)</td>
</tr>
</tbody>
</table>

A is already attending gym and plans to keep going twice a week. Walked up Mount Vesuvius on holiday (1300 metres!)
The Magic of the Group

Perception of continued support from health care professionals

Peer interaction

Opportunities to access PA maintenance groups

Sense of accomplishment gained through self-monitoring and feedback
Learning points

- Anxiety
- Heterogenous group
- Flexibility required
- Risk management (MDT approach)
- ↑ Information Earlier intervention
- Length of programme
- Interpretation of symptoms
- ?Educational component?
- Community links
The Future….

“I was terrified to exercise again, I knew it would help me recover but I didn’t know what was safe and how far I should push myself. The physiotherapy team are helping me recognise what pain or breathlessness is normal and what are warning signs to look out for. I’m starting to feel safe and confident to get active again.”
What can you do locally?
Take home messages:

1 Exercise is safe and beneficial
2 Early & gradual return to activity recommended
3 Shortness of breath during exertion is normal
4 Little and often
5 Any physical activity counts

Enjoy!