

Your exercise program to prepare for the procedure

Dear Madam/Sir, welcome to this program. From today until the day of your procedure, we suggest some simple exercises to do at home, designed especially for you. No special equipment is needed: all you need is a stable chair, some free space and, if available, two water bottles to use as light weights.

The aim is not to tire yourself, but to keep your legs, arms and balance trained, so you can arrive at the procedure in the best possible shape.

Before you start: read carefully

- Move calmly: this is not a race; the goal is regularity, not fatigue.
- Never hold your breath during effort: breathe normally, breathing out during the effort.
- Do not lift heavy weights: two small water bottles are enough.
- During standing exercises, always keep a stable chair or table within reach.
- If an exercise causes pain, you may skip it: never force yourself.

Stop immediately and contact the team if you experience:

- Chest pain or pressure
- Severe shortness of breath, more than usual
- Dizziness or feeling faint
- Very irregular heartbeat or an unusual heartbeat sensation
- Sudden cold sweating

In these cases, sit down immediately and contact the number provided by the study team.

Warm-up (1-2 minutes)

Before starting, while seated, slowly circle your ankles and wrists for about one minute, in both directions. This helps prepare your body for the exercises that follow.

Basic exercises

These exercises are suitable for everyone. Perform them in the order you prefer.



Mobility



1. Seated hip opening

While seated, move one leg at a time out to the side, lifting the foot slightly off the floor.

How many: 3 sets of 10 repetitions per leg



2. Seated leg extension

While seated, extend one leg forward and hold the position for a few seconds. If you feel comfortable, move your foot back and forth while keeping the leg straight.

How many: 3 sets of 5 repetitions per leg



3. Seated arm circles

While seated, circle your arms first forward and then backward, using a wide, slow movement.

How many: 3 sets: 10 circles forward and 10 backward



Balance



4. Single-leg balance

Standing with one hand resting on a chair or table, lift one leg and maintain your balance. If needed, put your foot down and try again.

How many: 3 sets, up to 30 seconds per leg



5. Toe walking

Walk along a 4-5 metre path on your toes, using support if needed.

How many: 1-2 lengths (there and back)



6. Heel walking

Walk along the same path on your heels, using support if needed.

How many: 1-2 lengths (there and back)



Strength



7. Sit-to-stand

Seated with your arms crossed over your chest, stand up fully and sit back down slowly.

How many: 3 sets of 6-8 repetitions



8. Seated overhead press

While seated, holding a light weight (or a water bottle) in each hand, press your arms upward and then lower them slowly.

How many: 3 sets of 6-8 repetitions

Cool-down (2-3 minutes)

Sit comfortably and breathe calmly: inhale through your nose for 3-4 seconds and slowly exhale through your mouth for 4-5 seconds. Repeat for a few minutes, until you feel relaxed.



Aerobic activity

In addition to the exercises, we also suggest some aerobic activity (walking or an exercise bike, if available). How much and how you should do depends on your fitness level, measured during your first visit with a 6-minute walk test. The team will tell you which level is right for you.

Level 1

- Aerobic activity is not recommended for the moment.
- You can still do the mobility, balance and strength exercises listed above.

Level 2

- Walk (or use an exercise bike) for up to 10 minutes.
- Take breaks whenever you need them, even more than one.
- Keep the pace comfortable: you should be able to talk while walking.

Level 3

- Walk (or use an exercise bike) for up to 20 minutes.
- If you cannot do it all at once, split it into several periods during the day (for example, two sessions of 10 minutes).
- Keep the pace comfortable: you should be able to talk while walking.

Your level: _____ **(the study team will tell you)**

How often

Try to do the exercises every day if possible; the important thing is to do them at least twice a week throughout the period before the procedure.

After about two weeks, if the leg and arm exercises start to feel easy, you can try increasing the repetitions from 8 to 10.

Extra section

This section is only for some patients

- The study team will tell you at the first visit whether this section is suitable for you.
- If it has not been recommended, you do not need to do it: the basic program is already complete.

Extra exercises



9. Tandem walking

Walk along a 4-5 metre path placing one foot directly in front of the other, heel to toe, using support if needed.

How many: 1-2 lengths (there and back)



10. Sit-to-stand with overhead press

Holding a light weight in each hand, stand up from the chair and, once standing and stable, press the weights overhead. Lower the weights back to your shoulders and sit down slowly. Important: stand up first, and only after you are stable in the standing position should you press the weights overhead - do not perform the two movements at the same time.

How many: 3 sets of 6-8 repetitions

For those at Level 3 of aerobic activity: you can gradually work toward 20 continuous minutes, progressively reducing the breaks.

If you have questions

For any questions about these exercises, or if anything is unclear, contact the IRON-TAVI study team at the number provided by your study contact.