

Modified from: Tandon P, Ismond KP, Riess K, Duarte-Rojo A, Al-Judaibi B, Dunn MA, Holman J, Howes N, Haykowsky MJF, Josbeno DA, McNeely M. **Exercise in Cirrhosis: Translating Evidence and Experience to Practice.** *Journal of Hepatology.* 2018. Accepted.

** Please have this page available for quick reference when exercising.

THE TALK TEST

In addition to targeting a Borg effort rating of 5-6 out of 10, you can get an idea of how hard you are working by the TALK TEST. Even though you will be a little short of breath, you **SHOULD** still be able to carry out a conversation as you exercise. Please don't go above this level of effort.

THE BORG SCALE

Score	Breathing Description
0	No difference from normal breathing
0.5	Very, very small increase in breathing
1	Very light increase
2	Light (weak) but noticeable
3	
4	
5	Heavy breathing (strong)
6	
7	Very heavy breathing
8	
9	
10	Very, very heavy (maximal)

WARNING SIGNS

Stop exercising or do not exercise if you:

- Have a racing pulse
- Develop a fever
- Feel suddenly short of breath or have +++ breathlessness
- Feel suddenly very weak or tired
- Have chest pain, feel light-headedness or dizziness
- Have a headache or blurred vision
- Are nauseated
- Are confused or disoriented

If you have excessive muscle soreness or your muscles stay sore for more than 24-48 hours, decrease the intensity of exercise and allow 1-2 days rest before exercising the same muscle group again.