

Exercises following heart surgery: the first 4 weeks

Prescribed for:

Prescribed by:..... Date.....

Goal

To restore mobility and to improve posture immediately after surgery

Warning

- If stretching causes pain *stop* and consult a member of the rehabilitation team

Instructions

- Do the exercises twice daily
- Repeat each exercise 5 times
- Continue to do these exercises for 3 to 4 weeks following surgery

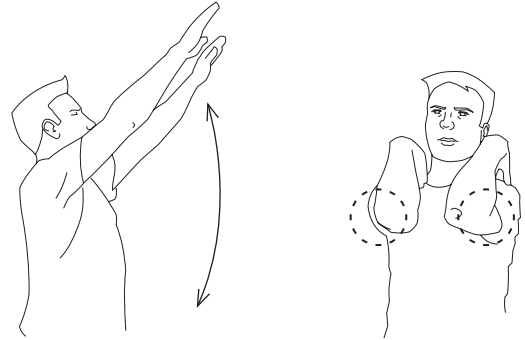
Trunk

1. Cross hands to touch opposite shoulders. Bend side-ways, straighten up, and then bend to the other side.
2. Cross hands to touch opposite shoulders. Turn head and shoulders to one side, come back, then turn to the other side.
3. Place hands on shoulders; bring elbows together and return to starting position.
4. Shrug shoulders and then relax.



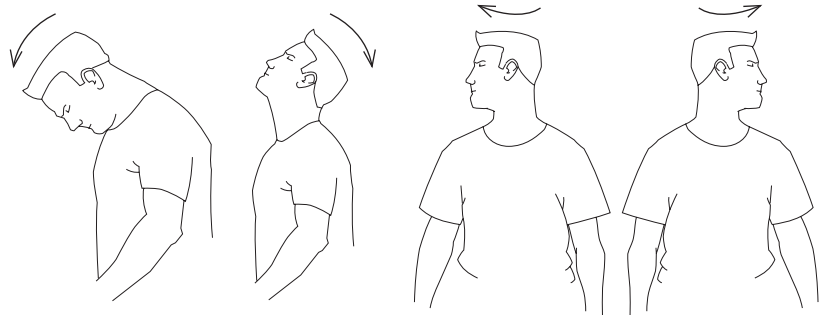
Arms

1. Reach both arms forward above your head to the point of comfort then lower to side.
2. Place hands on shoulders and circle elbows backwards and forwards.



Neck

1. Bend head forwards (bringing your chin to your chest).
2. Bend head backwards.
3. Turn head to one side and then to the other.



Walking

While in hospital you will start a walking program. This will improve your sense of well being and general fitness.

1. Start slowly and walk at a slow to moderate pace for a distance that you can manage in 5 - 10 minutes.
2. Gradually, over some weeks increase the distance and time you walk for. This is individual. Eventually build up to a 20 - 30 minute walk each day.

This is a general guide only. Exercises may vary according to individual needs.