

Activity Following Surgery:

After surgery, you will have some activity restrictions in order to decrease pain when you are moving and help your chest wall heal better. Practice the two activities below to prepare for this.

While in the hospital, a physical therapist will help you learn how to move while maintaining these restrictions. It is important that your family is present for your physical therapy sessions so that they can learn how to safely assist you getting into/out of bed, walking, and going up/down stairs prior to going home.

Following your surgery, you should not push or pull through your arms. To get out of bed, you will need to sit up first and then scoot towards the edge of the bed before standing up. Complete the exercise below to prepare for this.

1. Lying Down/Sitting Up



Place two pillows at the head of your bed. Practice lying down slowly onto the pillows and coming back into sitting without using your arms. Try to do this 5 times, twice a day.

To stand up from the edge of your bed, you will need to push through your legs (not through your arms). Complete the exercise below to prepare for this.

2. Standing Up/Sitting Down



Sit in a firm chair with feet shoulder width apart. Stand up without using your arms. Slowly lower yourself back into the chair leading with your bottom. Keep your back straight the entire time. Try to do this 10 times, twice a day.

It is also important to work on taking deep breaths following your surgery. Your nurse and physical therapist will teach you how to use an incentive spirometer. Each time you use your incentive spirometer, you want to sit up tall with good posture and take slow, deep breaths in. Try to take a bigger breath each time! Continue to practice good posture when sitting at the edge of your bed, when in your bedside chair, and when you are standing and walking.

Being out of bed and in the bedside chair during your hospital stay is very important. You should also go on a number of walks each day with the assistance of physical therapy, nursing, or your family once instructed. Avoiding mobility may cause you to experience more muscle soreness, tightness and pain.

You will most likely become tired more quickly than before surgery with mobility. Expect a noticeable increase in strength and activity tolerance each day with practice.

We want you to have the best outcomes and recovery possible. We believe these activities can help you achieve this!