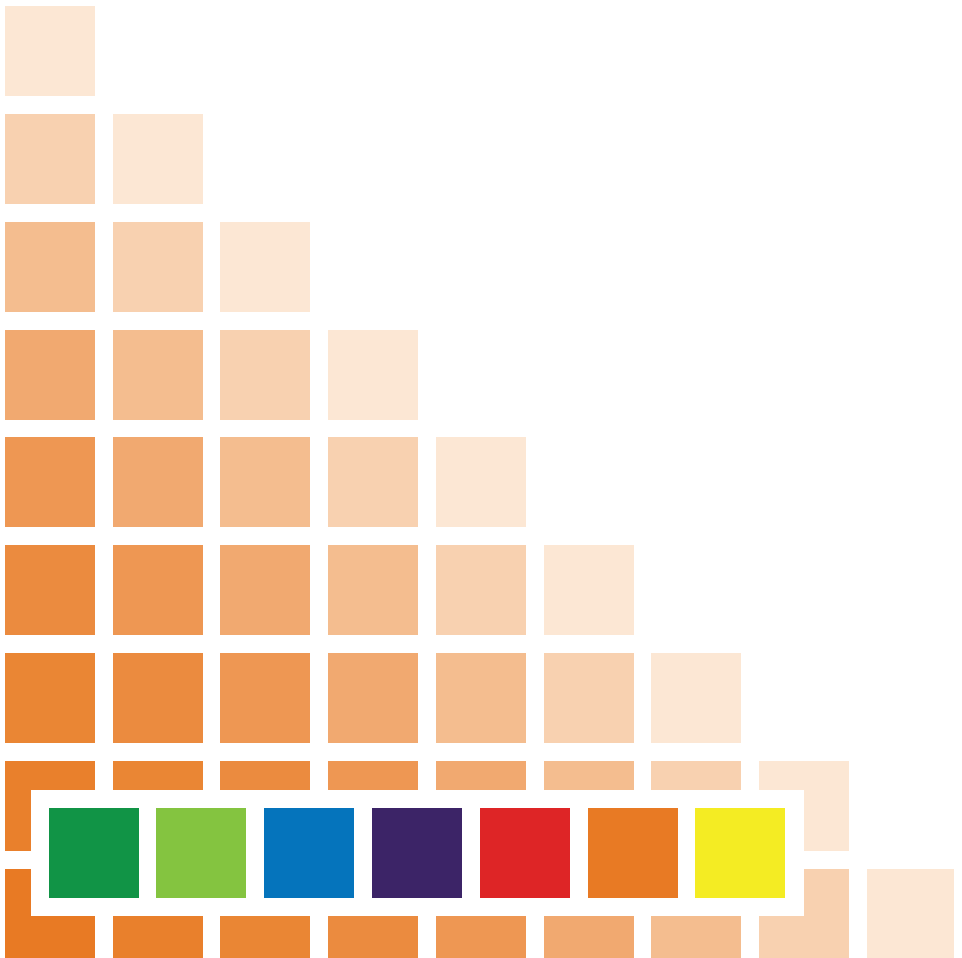


Physiotherapy at home



Contents

Introduction	1
Exercise is necessary to	2
What type of exercise should I do?	2
How long should I walk for?	2
At home	3
Guidelines	5
Useful contacts	6

Introduction

This booklet gives advice on how to continue your exercises and rehabilitation at home after your cardiac surgery. It will help to guide you on your way back to fitness. It does not replace the information and individual advice we give you in person.

Please take time to read the whole booklet carefully. Your aim over the next three months should be to gradually increase your activities every day. Although it is good to exercise regularly, as you have been less active for some time it will take a while for you to get back into a routine. Please remember that we are all individuals and do not recover at the same rate. Some people may feel very well after six weeks and others may not feel fully recovered for up to six months after their operation.

Exercise is necessary to:

- help your heart work better – like other muscles, your heart also needs training
- improve your fitness and increase energy levels
- help reduce blood pressure and cholesterol levels
- improve muscle and bone strength
- improve circulation to muscles and ligaments - this helps them to work better
- reduce stress and improve your feeling of well-being
- improve your sleep patterns.

What type of exercise should I do?

Walking is the safest and best form of exercise at this stage. We recommend that you go for a walk every day.

How long should I walk for?

You should start by walking about the same distance you walked during your last couple of days in hospital. This could be simply walking around the garden.

For the first two weeks, you should start to walk for five to ten minutes, two or three times a day. After the second week, you can increase the amount of time that you walk by about five minutes per week.

Your route

When you first begin your walking programme, you should choose a route that is flat and fairly easy. After a couple of weeks, you can start to include further challenges like gentle hills. Six weeks after your operation you will probably be able to walk for up to 30 to 40 minutes at a moderate pace. Please remember that if you have other health problems such as asthma or arthritis, you may not be able to increase the amount you walk this quickly. It is important not to compare yourself to others.

Pace

For the first few minutes of your walk, you should start slowly and build up your pace gradually. Towards the end of your walk, you should spend a few minutes slowing down. It is a good idea to walk with someone for safety until you are confident about going out on your own. You should expect to get a little out of breath when exercising, but not so much that you are uncomfortable or unable to speak in full sentences.

Please make sure you wear appropriate clothing and footwear for the weather and drink plenty of water. You should not exercise for at least an hour after a heavy meal. If you have any chest pain that is similar to the pain you experienced before your operation, please stop whatever you are doing and contact your GP.

We do not recommend that you resume any other form of sport or exercise until twelve weeks after your operation or until you are assessed in a cardiac rehabilitation class.

At home

It should take about eight to twelve weeks for you to recover from heart surgery. This depends on the type of operation you have had and how active you were before your surgery. It is important not to overdo things in the first few weeks.

One to two weeks

Try to do what you can without getting too tired or uncomfortably short of breath. You should gradually introduce light tasks such as dusting, washing up, cooking light meals and continue with hobbies that do not put you under strain. You should gradually increase the distance you are walking during the second week. Getting enough rest is as important as getting enough exercise. You do not have to go to bed to rest – you can rest by sitting with your feet up.

Three to six weeks

You can slowly introduce more demanding tasks during weeks three to six. Continue to increase the distance that you walk. Please do not play any sports or carry out DIY that involve heavy stretching or lifting.

Six to eight weeks

You can introduce other household tasks such as vacuuming, ironing, cleaning the car and light gardening. You may also start lifting lighter items such as small amounts of shopping. No activity you do should make you feel tired or uncomfortable. Driving is usually allowed at this point, but please check with your consultant and inform your insurance company that you have had major surgery.

It is quite safe to have sex after your operation and when you feel ready. Please find a position that is comfortable for you and perhaps take a more passive role at first.

We would also advise you to discuss your plans, hopes and any planned return to work with your hospital doctor at this time.

You should have received information about your cardiac rehabilitation programme. If not, please contact:

- Cardiac home care nurses, Royal Brompton Hospital: telephone 020 7352 8121 and ask for extension 8497
- Cardiac rehabilitation nurses, Harefield Hospital: telephone 01895 823 737 and ask for bleep 6170, 6131 or 6151.

Nine to twelve weeks

By twelve weeks you should have completed or be attending a cardiac rehabilitation programme. You should now be able to do most things that you used to do before your operation. However, you may still experience an occasional ache in the

chest area, shoulders or back. If the pain continues or gets in the way of your normal activity, you should contact your GP and ask to be referred to a physiotherapist at your local hospital.

It sometimes takes longer than three months to heal properly and some activities may be considered too much for you at this stage. Your doctors and rehabilitation team will give you advice on exercises that are suitable for you. Avoid anything that puts considerable strain on your chest. Please do not strain or hold your breath while you are doing an activity. You should breathe out during the hardest part of the activity.

Please remember to start slowly with any activity and build it up gradually. You may be able to return to cycling, play a bit of golf, bowls or gentle table tennis. Activities that need repeated or persistent arm movements will increase the strain on your breast bone and make your heart work harder. Take special care when introducing these activities and build them up gradually. Do not play contact sports such as football, tennis and racquet sports until you have been advised that you can do so by your doctor.

Guidelines

Please do not:

- exercise if you are in pain or if you feel unwell, have a cold, sore throat or a temperature
- exercise in very humid conditions or if it is very hot or cold
- do any sudden twisting or straining movements
- continue with any activity that causes clicking or pain in your breastbone
- lift, push or pull any heavy object (not over ten pounds / 10lbs), such as a full kettle of water, basket of washing or a small child for at least eight to twelve weeks after your surgery

- perform any heavy task that needs a lot of strength, such as moving furniture
- drive a vehicle until you have discussed this with your consultant at your six-week, post-surgery review and informed your insurance company.

Please do:

- start with your normal daily activities slowly
- get into the habit of taking exercise regularly - not sudden bursts of frantic activity
- rest when you feel you need to - try to take a nap for a couple of hours in the middle of the day for the first few weeks after your surgery
- watch your posture at all times - try to avoid hunching over and straining your neck and shoulders
- make sure that when you start to lift or move things twelve weeks after your operation, you use the correct technique - getting close to the object being lifted, keeping your knees bent and back straight.

Useful contacts

If you have any questions regarding this booklet, please contact the physiotherapy department:

Harefield Hospital Physiotherapy department

Tel: 01895 826 535 or

Tel: 01895 823 737, bleep 6306

Royal Brompton Hospital Physiotherapy department

Tel: 020 7352 8121, bleep 7301

© Royal Brompton & Harefield NHS
Foundation Trust

Royal Brompton Hospital
Sydney Street
London
SW3 6NP
tel: 020 7352 8121
textphone: (18001) 020 7352 8121

Harefield Hospital
Hill End Road
Harefield
Middlesex
UB9 6JH
tel: 01895 823 737
textphone: (18001) 01895 823 737

website: www.rbht.nhs.uk

December 2010

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosürteki bilginin Türkçe tercümesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayarlayacaktır.