

## Don't over do it

If you do too much during first 6 weeks you will feel tired later, fatigue is delayed

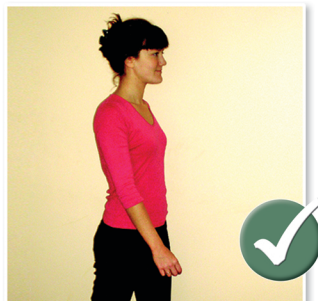
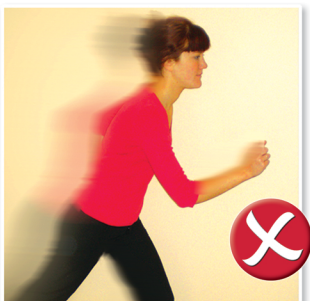


Take rest



Keep it short at first and rest between activities = 😊

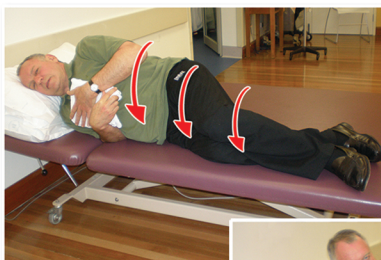
## Slow down



Fast

Slow

## Getting out of bed



Roll on your side

Hook your foot under the bed



## Driving



No driving for at least **4 weeks** or longer (RTA rules). Wear a **seat belt** in the car.



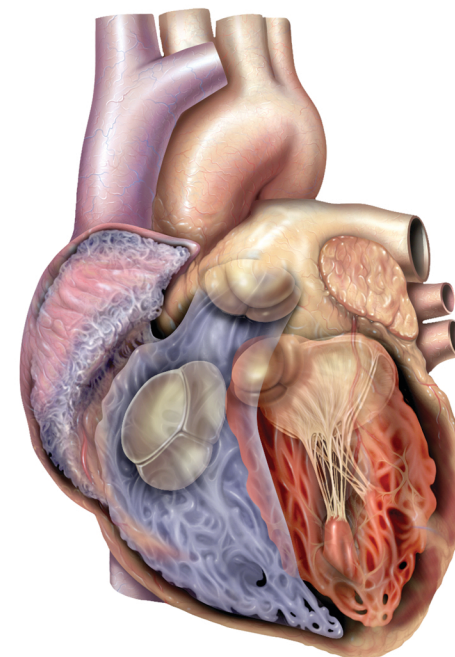
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# Post-Cardiac Surgery Activity Guidelines



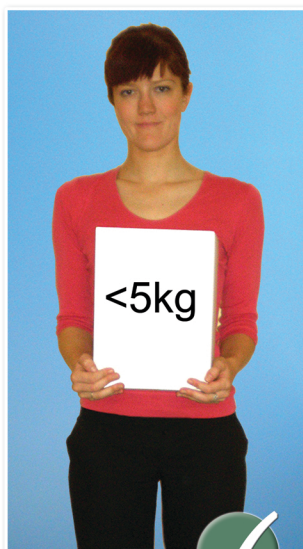
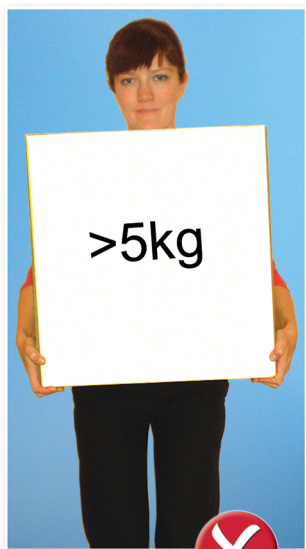
Patient Information



## Lifting: for 6 weeks



Do not lift more than 5kg with 2 hands. Keep elbows into your sides



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## Lifting: for 6 weeks

Do not raise one arm above shoulder height. Use 2 arms



If using 1 or 2 hands away from the body don't lift more than 2kg



>2kg



<2kg



=



## Heavy pushing/pulling (Straining)

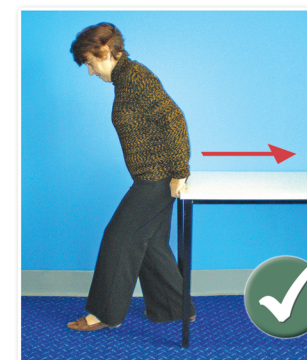
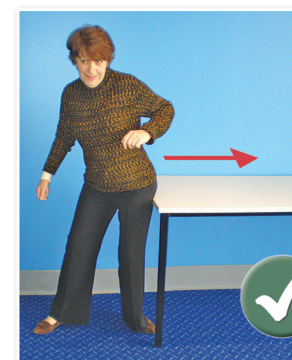
During first 6 weeks avoid moving at your shoulder against resistance



Do not push or pull with your arms



Get someone else to do it



Move it in a **different** way with your body