Post-Cardiac Surgery Activity Guidelines

Don’t over do it
If you do too much during first 6 weeks you will feel tired later, fatigue is delayed

Slow down
Keep it short at first and rest between activities = 😊

Getting out of bed
Roll on your side

Slow down

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

Patient Information

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Heart Illustration Credits: ©Patrick J Lynch, medical illustrator; C. Carl Jaffe, MD, cardiologist
Lifting: for 6 weeks

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

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.

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.

>5kg

<5kg

>2kg

<2kg

White Sugar 2kg

MILK 2L

1/2

5kg POTATOES

1/2 bucket