



GUIDELINES FOR RETURN TO NORMAL ACTIVITIES AFTER HEART SURGERY

SURGICAL PATIENT ACTIVITIES	WEEK 1 –2	WEEK 3	WEEK 4-5	WEEK 6-8	3 MONTHS
Sport	No	Start cardiac recovery program	Light arm weights, increase arm activity in cardiac rehab	Swimming (breaststroke), brisk walking, 9 holes golf at 8 wks	All usual activities. Gradually increase. Singles tennis/skiing, 18 hole golf, fishing, low impact aerobics
Work/Driving	No	No	No	6 weeks post surgery unless otherwise advised by surgeon	Expect to be at work. As per surgeon orders
Home Duties	Light dusting, water garden, avoid bending & stooping	Water, pot plant care & light weeding. Wash and wipe dishes, reach and bend for light objects	Light loads of washing, ironing. No lifting full load wet clothes	Vacuuming, bed making	Unlimited
Sex	No	Passive role	Increase to your normal	Normal	Normal
Outings/Social	PM rest, early nights 1- 2 hr outings	Afternoon rest, small social events, half day outings	Half day outings, restaurants, rest prn	Full day outings, increase socialising	As desired, including holidays
Hobbies	Reading, writing for brief periods. Board games. Family visits.	Art & craft, models, piano, guitar, needlework, cake decorating, studying.	Increase variety, duration and intensity of previous week	Continue, maintain variety	Unlimited
Other	Gentle walking 5 - 10mins 2-3 times per day. Rise late & attend to personal hygiene	Self care in personal hygiene. Walk 15 - 20 mins twice daily	20 – 30 mins walking twice daily	Walk 30 –40 mins daily.	Lifting 10 – 20 kg objects. Walk 60 mins daily

Sternal precautions- no arm abduction for 3-4 weeks, no upper limb weight bearing for 6 weeks – no use of walking aids
Westmead Hospital- Last revised 5-2012