

Leg Exercise

Leg exercise is also important; the patients can exercise their legs the day after the surgery in order to prepare their body for more intense exercise such as sitting or walking. Ankle Pumping Exercise It's also very important in helping you avoid developing blood clots in the lower legs after surgery



(Pump your toes up and down, moving your ankle)

Body Movement and Sit-up

Patients after the surgery should sit up by leaning on their side

Training steps

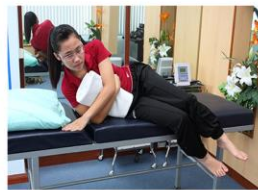
1. The patient leans on their side while sitting up
2. Bend both hips and knees
3. Lower both legs from the bed and use elbows to support the body when sitting up
4. Sit up straight and look forward



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Pre-Operative Training Program for Prevent Post Cardiovascular Surgery Complications

Patients with cardiovascular disease who have undergone surgery are likely to have complications in their respiratory system such as pneumonitis and atelectasis

Deep breathing training and coughing practice to create an effective cough can reduce respiratory system complications after the surgery



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Breathing Exercise: There are two steps for breath training

1. Diaphragmatic breathing exercise

Training steps

1. Place both hands under the pit of the stomach
2. Slowly take a deep breathe through the nose until your stomach bulges out
3. Slowly exhale the air out through the mouth as your stomach slowly flattens
4. Repeatedly breathe in and blow air out 5-10 times/set for 3 sets every hour while awake



Deep breathe through the nose until your stomach bulges out



Exhale the air out through the mouth as your stomach slowly flattens

2. Breath training using lower lobe of the lungs

Training steps

1. Place both hands on lower costa border
2. Slowly take a deep breath in through the nose until the costa border expands
3. Slowly exhale the air out through the mouth until the costa becomes flat
4. Repeatedly breathe in and blow air out 5-10 times/set for 3 sets every hour while awake



Deep breath in through the nose until the costa border



Exhale the air out through the mouth until the costa becomes flat

Cough Training

Training steps

1. The patient lays down or sits up and bends forward slightly
2. Place a pillow or blanket on the incision
3. Place both hands on the pillow or blanket; press over the incision and use both arms to hold around the chest
4. Inhale and hold it for about 1-2 seconds then cough intensely 1-2 times.



Chest Movement Training

This is to help increase the chest's ability to expand

Training steps

1. Raise the arms up and breathe in through the nose at the same time, then
2. Slowly lower the arms down and exhale air out the mouth at the same time

