



## 心臟手術後的運動

### 幫助你健康積極地生活

你的醫護人員囑咐你要定期運動，作為你康復治療的一部分。有關你詳細的運動計劃，請向你的物理治療師、心臟病醫生，或家庭醫生諮詢。

本手冊幫助指導你在手術後康復期間如何運動。此外，它還解釋如何安全地增加你的活動。

### 手術後保護胸骨預防措施

#### 手術後 6 個星期內，切勿：

- 提、推、拉或攜帶任何超過 10 磅重的物體，包括寵物、小孩、垃圾、要洗的衣服以及雜貨（一加侖牛奶重 8 磅）。
- 擰開蓋緊的蓋子或打開很重的門。
- 只用一隻手臂伸過肩膀（要同時伸高兩隻手臂）- 例如，同時伸高兩隻手臂來拿取廚房裏或壁櫥裏放在較高架子上的東西。
- 將手伸到自己的身後，因為這樣會拉扯到你的切口。例如，不要用手臂往後撐，或在如廁後將手伸到後面擦屁股。
- 吸塵、做園藝、耙地或剪草坪。
- 開汽車或貨車。你的反應速度較慢，所以你會較高的風險傷到自己的胸骨。



手術後 6 個星期內，切勿提起任何超過 10 磅重的物體。在做某些家務時，例如拿衣服去洗或去購買雜貨時應請他人幫助。

#### 手術後 3 個月內，切勿：

- 用力地跑步、走路、騎自行車或游泳
- 做運動，例如打網球、高爾夫球、壘球、游泳或保齡球，或做任何會傷害到胸骨的其他運動

## 增加或保持你生活方式中的運動

定期運動的人比較不容易有胸痛（心絞痛）或心臟病發作（心肌梗死）。正確的運動可以幫助你：

- 從手術中康復
- 減輕背部、肩膀和胸部肌肉的疼痛
- 增強耐力和體能
- 維持活動和肌肉張力
- 控制血壓
- 減輕體重
- 睡得更好

## 運動目標

慢慢增加至每天散步總共至少 30 分鐘。

- 開始時每天散步 3 次，每次 5 分鐘。每周增加散步總時間 3 分鐘，直到每天散步總共 30 分鐘為止。
- 在散步之前或之後做一些運動（見運動手冊）或放慢走路來熱身和緩和身體 5 分鐘。
- 記住返回走時增加時間。切勿不停地走到疲倦為止。
- 以中等力度來運動（以 0 到 10 為比例，為 3 至 5）。
- 裝著寬鬆舒適的衣服。
- 進食後等 1 小時再運動。
- 在平坦的地面上走。
- 可以在跑步機上以慢速走路（3.0 英里/小時或以下）。



慢慢增加至每天散步總共至少 30 分鐘。

## 注意你的身體

如果出現以下情況，放慢速度：

- 你的身體以超過中等力度工作（以 0 到 10 為比例，超過 5）。

- 停止運動後，有超過 10 分鐘的時間，你的呼吸會很急促，或者你的脈搏每分鐘跳得比你開始運動時快 20 下。
- 在你運動後的當天，你睡不好，或感到比平常疲倦。
- 你有關節炎並發作了，或者你感到關節、腳跟或小腿肌肉疼痛。
- 你的雙腿或雙腳更加腫脹。

**如果出現以下情況，切勿做運動：**

- 你著涼了、感冒了或有發燒。
- 你有糖尿病並且不能控制。
- 你感到情緒極度緊張或比平常疲倦很多。

**如果出現以下情況，打電話給你的醫生：**

- 你感到胸部、手臂或咽喉疼痛或有壓迫感。
- 你感到頭暈目眩、視力模糊或虛弱無力。
- 你感到迷糊或突然不靈活了。

**如果你立即需要醫療護理，撥打 9-1-1。**

**有任何問題嗎？**

你的問題很重要。你在醫院接受治療期間，你的物理治療師將會回答你有關運動的問題。

如果你對你的醫療護理有任何問題或疑慮，請致電你的醫生或保健提供者。

## Exercise After Heart Surgery

*To help you live a healthy, active life*

*Your health care providers advise you to exercise regularly as part of your recovery. Talk with your physical therapist, cardiologist, or primary health care provider about the details of your exercise program.*

*This handout will help guide you while you recover after surgery. It also explains how to increase your activities safely.*

### Sternal Precautions After Surgery

#### For 6 weeks after surgery, DO NOT:

- Lift, push, pull, or carry anything that weighs more than 10 pounds. This may include pets, children, garbage, laundry, and groceries (a gallon of milk weighs 8 pounds).
- Unscrew tight lids or open heavy doors.
- Reach above shoulder level with just 1 arm (use both arms together). For example, use both arms to reach for items on a high shelf in the kitchen or a closet.
- Reach behind you, since this will stretch your incision. For example, do not lean back on your arms or reach behind you to wipe after using the toilet.
- Vacuum, garden, rake, or mow the lawn.
- Drive a car or truck. Your reaction time is slower and you are at higher risk for injuring your *sternum* (breastbone).



*For 6 weeks after surgery, do **not** lift anything that weighs more than 10 pounds. Ask for help doing tasks like carrying laundry or going grocery shopping.*

#### For 3 months after surgery, DO NOT:

- Run, walk, bike, or swim vigorously
- Play sports like tennis, golf, softball, swimming, or bowling, or any other sport that could cause injury to your sternum

## Add or Keep Exercise in Your Lifestyle

People who get regular exercise are less likely to suffer from chest pain (*angina pectoris*) or a heart attack (*myocardial infarction*). The right exercise will help you:

- Recover from your surgery
- Decrease your back, shoulder, and chest muscle pain
- Increase your endurance and your body's efficiency
- Maintain mobility and muscle tone
- Control your blood pressure
- Lose weight
- Sleep better

## Exercise Goals

Slowly work up to walking at least **30 minutes, total, every day.**

- Start by walking 3 times a day for about 5 minutes each time. Each week, increase the total time you walk by about 3 minutes until you are walking for a total of 30 minutes a day.
- Warm up and cool down for 5 minutes before and after you walk by doing exercises (see exercise handout), or by walking more slowly.
- Remember to add in the time for your return trip. Do not walk until you are tired.
- Exercise at a moderate level of effort (3 to 5 on a scale of 0 to 10)
- Wear loose-fitting, comfortable clothes.
- Wait 1 hour after you eat to exercise.
- Walk on flat ground.
- It is OK to walk on a treadmill at a slow speed (3.0 mph or less).



*Slowly work up to walking at least 30 minutes, total, every day.*

## Pay Attention to Your Body

### Slow down if:

- Your body is working at more than a moderate level of effort (greater than 5 on a scale of 0 to 10).

- For more than 10 minutes after you STOP exercising, you are very short of breath or your pulse is 20 beats per minute higher than when you started exercising.
- You cannot sleep, or you feel more tired than normal the day after you exercise.
- You have arthritis and it flares up, or you feel pain in your joints, heels, or calf muscles.
- You have increased swelling in your legs or feet.

**Do not exercise if:**

- You have a cold, flu, or fever.
- You have diabetes and it is out of control.
- You feel extreme emotional stress or you are much more tired than normal.

**Call your doctor if:**

- You have pain or pressure in your chest, arms, or throat.
- You are dizzy, lightheaded, have blurry vision, or feel faint.
- You are confused or suddenly clumsy.

**If you need medical care right away, call 9-1-1.**

## Questions?

Your questions are important. Your physical therapist will answer your questions about exercise during your therapy sessions in the hospital.

Call your doctor or health care provider if you have questions or concerns about your medical care.