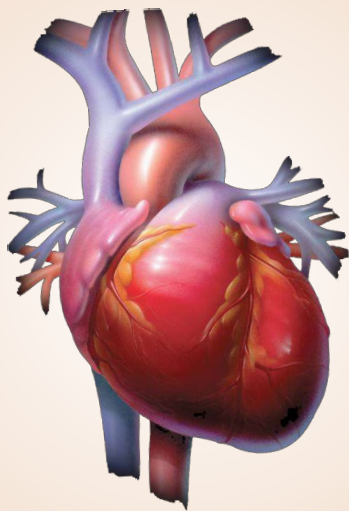


# EXERCISE AFTER BYPASS SURGERY



**P. D. HINDUJA HOSPITAL**  
& MEDICAL RESEARCH CENTRE

## Exercises after Bypass Surgery

The heart is the only pump in the body which works continuously without rest. One must work towards a healthier heart.

### Cardiovascular risk factors

**Preventable:** Smoking, tobacco chewing, high blood pressure, high cholesterol/triglyceride, diabetes, sedentary life style, mental stress, obesity.

**Non-preventable:** Male gender, females after menopause, heredity.

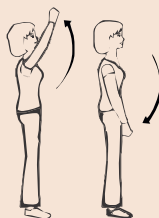
By changing your life style i.e. diet control with exercise regime, you can keep risk factors under control.

### Importance of Exercises

- Improves blood flow to the heart. Exercises help to control blood pressure and diabetes.
- Exercise makes the heart work much better with less consumption of energy.
- Helps to raise good cholesterol (HDL) and decrease bad cholesterol(LDL),triglycerides.
- Exercise can also help to lose weight. Obesity, can greatly increase risk of heart disease by raising your blood pressure and cholesterol. It improves flexibility of muscle and keeps joints in good condition.
- Exercise helps to relieve stress.

### Exercises to be done after Bypass Surgery

- Lift arms up and down. This exercise helps to keep shoulder joint free and to reduce post operative suture pain.





- Deep breathing exercises 10 times every 2 hourly followed by effective coughing.
- Incentive spirometry - 100 to 200 times a day

- If there is swelling of feet-raise your feet on pillow
- Walk every 2 hourly at moderate pace to comfortable distance, increase distance and time gradually so that at the time of discharge you can walk minimum 5 to 10 minutes comfortably and continuously.

#### While walking always remember

- Start with warm up exercises as shown above and then walk.
- If any palpitation, sweating, dizziness, leg cramps, chest discomfort, stop exercise and take rest.
- You should be able to converse to your colleague during walking without getting breathless.
- Do not hold your breath while exercising.
- Wear loose fitting clothes and proper fitting comfortable shoes.
- Do not exercise for 1 hour after meal.
- Avoid exercise like weight lifting, pushing object, straining for stool, straining to open a jammed window.
- After discharge, every third day increase the time of walking by 2 minutes so by 15 to 20 days post



discharge you are comfortably walking for half an hour once a day.

- Maintain half an hour walk every day either morning or evening.
- Climb one flight of stairs once you are comfortable walking 250 meters continuously (2 steps= 1 meter, 1 minute walk=50 meters, 5 minute walk=250 meters).

Walking at a moderate pace for 30 minutes 4 to 5 times a week is an excellent exercise for heart.

### **Stress management**

- Practice relaxation and meditation
- Think positively and remain cheerful.
- Spare time for recreational activities/ hobbies.

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