5 facts about physiotherapy after cardiac surgery



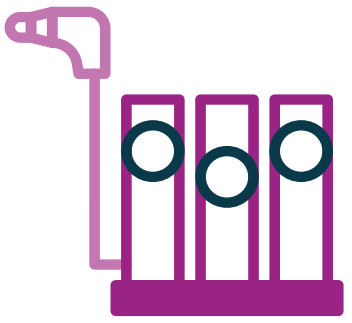
1 Early mobilisation supports recovery after cardiac surgery



Patients may benefit from:

- early mobilisation to reduce postoperative deconditioning
- activity progression based on functional capacity and clinical status, from passive movement to walking, cycling and stair practice.

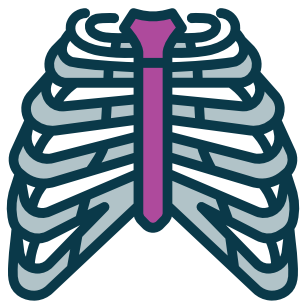
2 Respiratory physiotherapy should be targeted to patients most likely to benefit



Physiotherapists should be aware that:

- respiratory treatment is not required for all patients
- higher-risk patients are most likely to benefit
- treatment should address identified respiratory impairments.

3 Less restrictive sternal precautions may support functional recovery after median sternotomy



Clinical management should consider that:

- pain-guided, function-based progression may be more appropriate than rigid restrictions
- less restrictive approaches can support independence without increasing complications
- excessive restrictions may hinder mobility, recovery and discharge outcomes.

4 Exercise should be individualised and progressively advanced throughout recovery



Exercise programs should:

- match recovery stage and functional capacity
- include aerobic, strengthening and functional activities
- be adjusted regularly to meet the patient's changing rehabilitation needs.

5 Cardiac rehabilitation is an important part of longer-term recovery after cardiac surgery



Cardiac rehabilitation can:

- support long-term cardiovascular health and recovery
- improve exercise capacity, physical function and quality of life
- help patients rebuild strength and endurance following surgery.

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