



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## How to exercise after your TAVI SURGERY.



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### WEEK 1:

Aim to be as active as you were on your last day in hospital. Get into a routine of taking your medication and doing your exercises. Take a rest in the morning and the afternoon. Avoid lifting activities.

### WEEK 2-3

You should feel stronger and able to do more activities around the house. Increase your walking as shown in your walking programme. Take a morning or afternoon rest. You can do light housework e.g. sit to iron, make the bed, wash and dry dishes.

### WEEK 4-6

Increase housework e.g. light sweeping, hoovering. You can perform most household activities. Continue with your walking programme and exercises.

You can drive after \_\_\_\_\_ weeks.

### STOP AN ACTIVITY IF YOU:

- Can't carry on a conversation without feeling short of breath,
- Feel weak or dizzy
- Feel nauseous
- Feel your heart is racing .

If you have any discomfort – Stop, sit down and rest

### PLEASE GO TO YOUR NEAREST EMERGENCY DEPARTMENT IF YOU EXPERIENCE ANY OF THE FOLLOWING SIGNS:

- Unresolving shortness of breath
- Shortness of breath at rest
- Wheezing or chest tightness at rest
- Needing to sit in a chair to sleep
- Weight gain of more than 2 pounds (1Kg) in one day or 5 pounds (2Kg) in one week

### Tips to stay active:

1. Include a variety of activities that you will enjoy.
2. Any amount of activity is better than none at all
3. Stick with it until it becomes a habit,.
4. Wear comfortable clothes and shoes.
5. Invite a friend to join you.
6. Make time for exercise
7. Set reasonable goals for yourself.
8. Keep an exercise diary to track your progress.

## **Seated exercises**



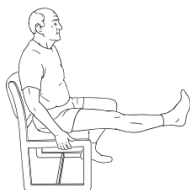
### **DEEP BREATHING**

Place hands on your stomach and take a deep breath  
Feel your hands move out  
Breathe out fully and feel your hands move in  
Repeat 3 times every hour  
Continue for \_\_\_\_\_



### **KNEE RAISE**

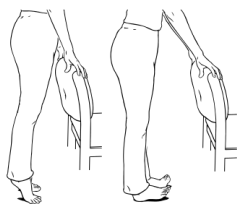
Lift your knee up towards your chest and then lower it to the floor  
Repeat with your other knee  
Keep alternating right and left  
Perform 5 times on each leg daily  
Gradually build up to 15 times, 2-3 sets, every second day  
Continue for \_\_\_\_\_



### **KNEE EXTENSION**

Sit with your back straight and hands in your lap or at your sides  
Slowly straighten one knee  
Hold for 3 seconds - don't hold your breath  
Lower it to the ground  
Repeat 3 times on each leg  
Gradually build up to 15 times, 2-3 sets, every second day  
Continue for \_\_\_\_\_

## Standing exercises



### **TOE RAISES**

Hold a stable surface for support

Stand on your toes, then roll back on your heels

Repeat 2-3 times

Gradually build up to 15 times, 2-3 sets, every second day

Continue for \_\_\_\_\_



### **MINI SQUAT**

Hold a stable surface for support

Slowly bend your knees as if you are sitting down

Stand up straight

Repeat 2-3 times daily

Gradually build up to 15 times, 2-3 sets, every second day

Continue for \_\_\_\_\_

You can do this with the chair behind you for support as well.



### **HIP/KNEE FLEXION**

Hold a stable surface for support

Raise your knee to hip level, and then lower knee

Repeat 2-3 times on each leg daily

Gradually build up to 15 times, 2-3 sets, every second day

Continue for \_\_\_\_\_



### **HIP ABDUCTION**

Hold a stable surface for support

Move one leg straight out to your side

Return to starting position

Keep your back straight and avoid leaning over when you bring your leg out

Gradually build up to 15 times, 2-3 sets, every second day

Continue for \_\_\_\_\_

## Walking programme.

The following walking table will guide you on how soon to start walking, how many minutes to walk and how you should feel as you walk. Walk on the flat for the first 3 weeks.

**Week 1** – Do only as much walking as you did in hospital

**Week 2 onwards** – follow the stages below. When one stage is easy for 2 days in a row, move on to the next stage.

Keep going through the programme as far as you can. You may not complete the whole walking programme and that is ok.

**Stages 1-9 should feel “light” or how you feel when you are strolling leisurely.**

		Total minutes per day
Stage 1	Walk for 5 mins – at least twice daily	10
Stage 2	Walk for 7 mins – at least twice daily	14
Stage 3	Walk for 10 mins – at least twice daily	20
Stage 4	Walk for 12 mins – at least twice daily	24
Stage 5	Walk for 15 mins – at least twice daily	30
Stage 6	Walk for 17 mins – at least twice daily	34
Stage 7	Walk for 20 mins – at least twice daily	40
Stage 8	Walk for 25 mins – at least once daily	25+
Stage 9	Walk for 30 mins – at least once daily	30+

If your breathing is comfortable, you can now start increasing your walking pace to a brisk\* pace during the middle section of the walk. Remember to always walk at a slower pace at the beginning and end. The middle section should feel “**somewhat hard**”. This should make you feel slightly warm but you should have no chest pain or palpitations. You should feel comfortable and can keep going for another 10-15 minutes.

		Total minutes per day
Stage 10	Stroll for 10 minutes (warm up) Walk faster for 10 minutes (middle section) Stroll for 10 minutes (cool down)	30
Stage 11	Stroll for 12 minutes (warm up) Walk faster for 10 minutes (middle section) Stroll for 12 minutes (cool down)	34
Stage 12	Stroll for 15 minutes (warm up) Walk faster for 10 minutes (middle section) Stroll for 15 minutes (cool down)	40

**\*Only walk briskly if your balance is good and you are not at risk of falls**

Gradually increase the length of the middle section of the walk until you reach the exercise target for life (60+ minutes 5 times per week). Remember to always walk at a slower pace at the beginning and end.