

A photograph of two women walking along a paved path in a park. The woman on the left is Black with short, curly grey hair, wearing a light blue zip-up jacket and holding a purple rolled-up yoga mat. The woman on the right is white with short, wavy blonde hair, wearing a grey cardigan over a black top and holding a blue rolled-up yoga mat. Both women are smiling and laughing. The background is filled with lush green trees and foliage, with a blurred path leading into the distance. The overall mood is positive and active.

# Being Active While Waiting for Cardiac Surgery

Cardiac Rehabilitation Center

CIUSSS Centre-Ouest de l'Île-de-Montréal

# Key messages



Importance of being active while waiting for surgery?



How to exercise safely



What type of activity can I do?



# The benefits of being active before your surgery



## Improved Health

Strengthen heart and muscles

Maintain/improve physical capacity

Improved management of diabetes, cholesterol, high blood pressure



## Better Recovery

Shorter emergency and hospital stays

Reduced surgery complications

Improved early and long-term recovery

Faster return to normal activities



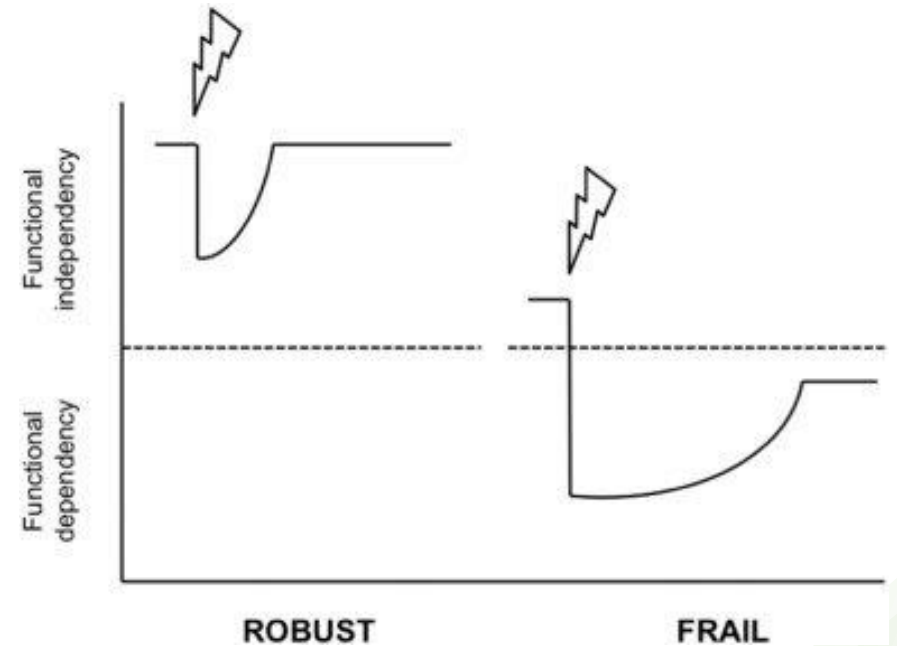
## Improved Mental Wellness

Exercise reduces stress and improves mood

Improved Confidence and Motivation

# The risks of being less active before surgery

- The surgery WILL reduce your physical capacity.
- Being less active before surgery will further increase deconditioning and make recovery longer and harder.
- This can lead to:
  - ✓ Increased complications after surgery
  - ✓ More difficult recovery
  - ✓ Loss of autonomy
  - ✓ Higher risk of anxiety and depression



# How can I be active before surgery?

## Daily activities

- Maintain as many daily activities as you can without symptoms!
- If you can, stand more, sit less!

## Aerobic exercise

- Maintain fitness with adapted activities like walking, cycling, chair exercises

## Resistance training

- Working against resistance to maintain muscle endurance and strength

## Flexibility & Balance

- Work on mobility and balance with specific exercise or activities like stretching, taichi & yoga

## Respiratory muscle training

- Train your respiratory muscles with deep breathing technique



# How much exercise should I do?



## Manage your intensity:

- Do a warm-up before and a cool down after exertion
- Start slow and gradually increase
- Stay symptom free
- Aim for a light to moderate intensity, one at which you can maintain a conversation.
- Listen to your body!

Type of exercise	Frequency	Duration
Aerobic exercise	Up to daily	10-60min (Bouts or continuous)
Resistance training	2-3x/week (non-consecutive days)	15-30min (5-6 exercises)
Respiratory muscle training	Up to Daily	5-15min
Flexibility	Up to Daily	5-15min
Balance	Up to Daily	5-10min

**Your exercise frequency and intensity will vary depending on your energy.**



# Stay Symptom Free

## MONITOR YOUR SYMPTOMS

- Know your cardiac symptoms
  - ✓ More pronounced shortness of breath, chest, back, jaw or arm discomfort, lightheadedness, ...
- Avoid physical activity if you have unusual symptoms at rest
  - ✓ Unusual shortness of breath, virus, unusual fatigue, etc.
- If symptoms appear during physical activity, slow down or rest until relieved.
- If not relieved by rest, use your nitro.

## STAY BELOW YOUR SYMPTOMS THRESHOLD

- The onset of heart related symptoms will usually be at a similar exercise intensity.
- Stay under your intensity at which you get symptoms (symptom threshold)



# Take Home Message

Staying active until surgery can help reduce complications and improve recovery

Adapt your physical activity to stay symptom free

Listen to your body, rest when needed

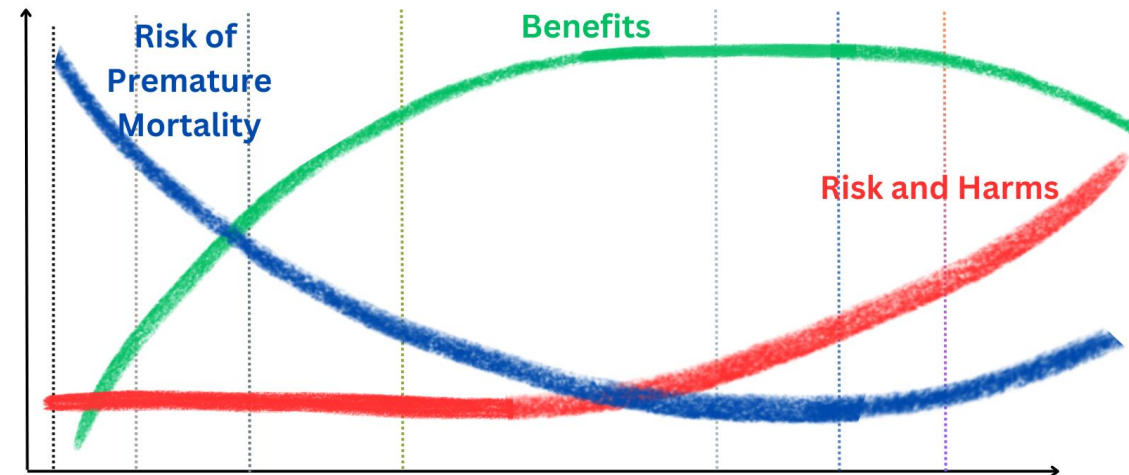
Know & monitor your symptoms

A little exercise is GOOD, more is BETTER, focus on what you CAN do!

Every small dose of physical activity can yield health benefits!

## Tips to stay motivated

- Set achievable goals
- Build up progressively
- Track progress
- Make it enjoyable
- Exercise with a friend



Prolonged Sitting



Standing



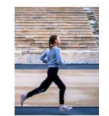
Light activities  
bouts of 10 +  
minutes



Moderate to vigorous  
activities  
150 minutes per week



Moderate to vigorous  
activities  
150 - 300 minutes per week



Overtraining  
(excessive intensity  
and volume)



# QUIZ!

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Scan this QR code with your smartphone camera or copy this link to test your knowledge with our short quiz!



<https://forms.office.com/r/k6LCYa1Ruz>

# References

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