



# Supporting patients with their physiotherapy after cardiothoracic surgery

Reviewed: August 2023  
Next review: August 2025  
Version 1

## **> About this leaflet**

The purpose of this leaflet is to give you information to help support your relative with their physiotherapy after their surgery.

## **> How to support a patient with their physiotherapy after surgery**

Supporting a relative/friend after surgery has a positive impact on their recovery.

We understand it can be an anxious time for you and often difficult to know how best to support the patient with their recovery after surgery.

Here are some suggestions for how you can support the patient with their Physiotherapy:

- Encourage them to continue with their hourly breathing exercises (see overleaf).
- Encourage them to sit up in a chair – do not help the patient in or out of the bed, ask a staff member for assistance.
- Encourage them to carry out tasks on the ward independently, e.g. dressing /eating.
- Encourage them to walk regularly on the ward when they are able to do so independently. This will be assessed by a Physiotherapist.

If you are unsure about how best to help the patient with any of these points, please ask to speak to a member of the Physiotherapy team.

Please note: As we have open visiting, the patient may require physio from a member of our team during your visit.

## **> Deep breathing exercises**

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كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip clàistinn no riochd eile a tha sibh airson a thaghadh.

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