

Jump Start TAVR

Early Mobilization Post Trans-catheter Aortic Valve Replacement(TAVR) Procedure

Watching the Video

Laptop in spacious area, Pad/Tablet propped up, or TV/Monitor with decluttered area in front. Visit the link hhscebi.ca/projects/jumpstart

Warm Up

1) Seated Arm Circles



Extend your arms by your sides, rotate them 5 times forward & 5 times backwards

2) Seated Jacks



Extend your arms by your sides, clap your hands above your head 5 times

3) Seated Forward Curl



Sit in the middle of your chair, lean back until heels lift off the ground. Repeat 5 times

4) Seated Ankle Circles



Rotate your ankles 5 times in one direction & 5 times in the opposite direction

Exercises

1) Head Movements



Tilt your head up & down 10 times & side to side 10 times

2) Shoulder Shrugs



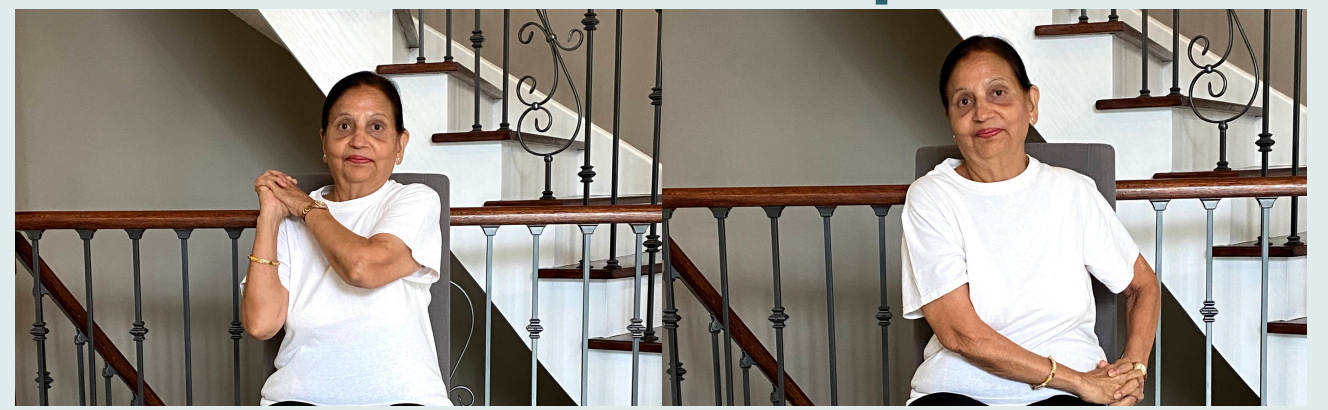
Lift your shoulders up & down 5 times

3) Vertical Seated Row



Extend your arms in front of you, bring them by your side. Repeat 5 times

4) Woodchops



Put your hands together, move hands from shoulder to opposite side hip 5 times. Move to other shoulder & repeat 5 times

5) Seated Toe Taps



Sit far back in your chair, lift up toes as high as you can & bring them back down. Repeat 5 times

6) Half Squats with chair



Put stable 4-legged chair against wall.

Stand in front of chair with feet shoulder-width apart.

Sit down in chair, then stand up again (hold onto another chair/wall/counter for support).

Repeat 5 times

7) Standing Marches with chair



Place chair in front to hold for support. Raise knee & touch the back of chair, then bring leg back down. Alternate 5 times per leg

Cool Down

1) Shoulder Stretch



Bring your arm across your body, hold your shoulder or your elbow for 15 seconds. Switch to other arm & hold for 15 seconds

2) Knee to Chest Stretch



Lift up your knee towards your chest for 15 seconds. Switch legs & hold for 15 seconds.

3) Calf Stretch



Sit in the middle of your chair, extend one leg pointing your toes upward & hold for 15 seconds. Switch legs & hold for 15 seconds.

4) Chest Stretch



Stand up, bring your hands behind your back & try to touch them. Reach further back for a greater stretch. Hold for 15 seconds

5) Three Deep Breaths



Close your eyes. Take a deep breath in expanding your belly, then breath out. Repeat 3 times



Follow the program with 10 minutes of walking inside or outside