

# Jump Start TAVR: Level 2

## 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](https://hhscebi.ca/projects/jumpstart)

## Warm Up

### 1. Shoulder Rolls



Roll your shoulders in one direction, 8-15 times. Repeat in the other direction.

### 2. Elbow Flexion



Put your arms out by your sides, with your palms facing up. Bring your hands in to tap your shoulders. Repeat 8-15 times.

### 3. Body Twist



Place your hands on opposite shoulders and twist at your torso from side to side, 8-15 times.

### 4. Marching



Use a chair for support, if needed. March on the spot, raising opposing arms and legs as you march. Repeat 8-15 times.

# Exercises

## 1. Standing Bird Dog



Using a wall, press your palms to the wall and touch your toes to the wall. Slide one hand up the wall while moving the opposite leg away from wall. Do this 8-15 times. Repeat with opposite hand and leg.

## 2. Semi Upright Row



Hold the back of chair with one hand and put one foot slightly in front of the other. With your free hand in a fist, pull your arm back to make 90 degree angle at your elbow. Repeat 8-15 times on each arm.

## 3. Calf Raises



Hold onto the back of a chair with your feet shoulder-width apart. Lift your heels to stand on your toes, then bring them back down. Repeat 8-15 times.

## 4. Buttock Kicks



Hold onto the back of a chair with your feet shoulder-width apart. Lift your foot, bringing the heel as close as you can to your buttock. Repeat 10 times, per leg.

## 5. Overhead Extension



Extend your arms above your head and clasp your hands together. Move your hands behind your head by bending at the elbows. Continue to move your hands up and down, 8-15 times in total.

## 6. Seated Knee Extension



Sit in a chair. Extend your knee by lifting your foot in front of you, and then bring it back to starting position. Repeat 8-15 times, per leg.

# Cool Down

## 1. Hug Stretch



Put your arms out and then give yourself a big hug by holding your shoulders. Squeeze and hold for 15s. Repeat, switching which arm is closest to your body.

## 2. Pectoral Wall Stretch



Facing a wall, press one arm against it. Turn your body in the opposite direction, away from the wall, to feel a stretch. Hold 15–30s. Repeat with your other arm.

## 3. Lateral Lunge Stretch



Hold onto back of a chair. Plant one foot on the ground and extend the other leg to the side, to feel a stretch in the planted leg. Hold for 15s. Repeat on other side.

## 4. Tricep Stretch



Put one arm above and behind your head. Hold onto your elbow with your other hand, to feel a stretch in back of your raised arm. Hold for 15s. Repeat on other side.

## 5. Three Deep Breaths



Close your eyes. Start by exhaling first, then inhaling and another exhale. Repeat this 3 times.



Follow the program with 10 minutes of walking inside or outside.