

Jump Start TAVR: Level 3

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. Open & Close Hands



Put palms up to the sky in front of you and slowly bring your fingers into your palms, to make two fists. Repeat 10–18 times.

2. Standing Leg Circles



Holding back of chair, put weight on one leg. Lift other leg and make circles above the ground. Repeat on other side.

3. Buttock Kicks



Holding back of chair, place feet shoulder-width apart and bring your heels to your buttocks, 10 times per leg.

4. Hip Circles



Place hands on hips, stand with feet shoulder-width apart and make big circles with your hips, 10–12 times in each direction.

5. Marches



Can use a chair for support, if needed. Move opposite arm to opposite leg as you march 8–15 times. Try to make bigger movements compared to Level 2 marches.

This program is intended for a specific quality improvement project, and should NOT be shared or distributed to other people.

Any time you experience any discomfort, dizziness, shortness of breath, or chest pain, please sit down and stop the program.

Exercises

1. Hip Abductors



Plant one foot on the ground and move your other leg away from your body. Repeat 10–18 times, per leg.

2. Tandem Stance



Hold onto back of chair. Place one foot in front of the other. To make this easier, increase distance between feet. Hold 15–30s per leg.

3. Arm Lifts



Seated, point clasped hands in front of your body in three different directions by extending your arms in and out. 10–18 times in total.

4. Elbow to Knee



Hold onto chair, if needed. With feet shoulder-width apart, bring elbow to opposite knee. Repeat 10–18 times per side.

5. Arm Roll and Toe Tap



Roll your arms from above your head down to your chest, while tapping your toes at the same time. Repeat 10–18 times.

6. Balance on One Foot



Hold onto chair for support, with either 1 or 2 hands. Lift one foot slightly off the ground and Hold for 20–30s. Repeat with other foot.

7. Object Tap



Place an object on the floor in front of a chair. Sit slightly forward in the chair. Tap the object with your toes, alternating feet. To increase difficulty, tap 2 times before switching feet. Repeat 10–18 times, in total.

Cool Down

1. Shoulder Stretch



Bring your arm across your body and hold your shoulder (or your elbow) for 15–30s. Repeat on the other side.

2. Figure Four Stretch



Sit in a chair slightly forward. Bring one leg across the other, creating a '4'. Hold for 15–30s, then switch to other leg. Modification: bring leg up, sliding heel to shin and then back down to ankle (10 times per leg).

3. Spine Stretch



Sit, or stand with feet shoulder-width apart. Bring your hands together and lift them above your head, with palms to the sky. Hold for 30 secs.

4. Seated Twist



Sitting in a chair with feet shoulder-width apart, turn to one side and hold onto the back of the chair with 2 hands, for 15s. Repeat on the other side.

5. Three Deep Breaths



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



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