

Jump Start TAVR: Level 4

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. May need 3–5lbs weights/soup cans or band for this level. Visit the link hhscebi.ca/projects/jumpstart

Warm Up

1. Knee to Elbow



Hold onto a chair, if needed. With feet shoulder-width apart, bring elbow to opposite knee, then switch to other elbow and knee. Repeat 10–15 times.

2. Shoulder Press



Make fist with hands and bring them to shoulder height, making a 90 degree angle with elbow, then extend your arms above your head. Repeat motion 10–15 times.

3. Side to Side



Standing, put your arms by your sides and lean to the right and left, reaching for your ankles. Repeat 10 times per side.

Exercises

*you can use 3–5lb weights or an exercise band for this exercise

1. Semi Upright Row*



Holding the back of a chair, stagger feet so one foot is forward. Bend down and pull one arm up to make a 90 degree angle with your elbow. Repeat 10–15 times per arm.

2. Square Steps



First step forward, then to one side (right or left), then step backwards and finally to the other side, making a square with steps. 24 steps total.

3. High Knees



Hold onto a chair for support. With feet shoulder-width apart, bring one knee up, as if you're taking a big step. Alternate legs. Repeat 10 times per leg.

4. Lateral Raises*



Have your arms by your sides. Keeping your arms straight, lift them up to make a "T" shape with your body, then bring them back down. If using a band, put the band under your foot and do the motion. Repeat 10 times, lifting your arms simultaneously, or one at a time.

5. Standing Wall Push-up



Press your palms into a wall and take a step away from the wall. Press into the wall as you bring your chest towards it. Repeat 8–15 times. To make this easier, stand closer to the wall.

6. Shoulder Press*



With elbows at shoulder height, making 90 degree angles, extend your hands above your head. If using band, place it under your foot and conduct this motion, one arm at a time. 10–15 times per arm.

7. Half Squat



Feet are shoulder-width apart. Sit in chair then stand up. Then, either hover over chair or fully sit back down. Can hold weights by your sides, or one weight at chest. Repeat motion 10–15 times.

8. Squeeze and Release



Use a firm, rolled up towel or sweater. Place it in your hand and squeeze for 3–5s, then release. Repeat this 10–15 times per hand. This is a grip strength activity.

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. Overhead Side Stretch



Seated or standing, put one arm above your head, bending to one side and hold for 15s. Repeat with other arm.

3. Lateral Lunge Stretch



Hold onto back of chair, have one foot planted on ground and extend other leg to feel a stretch in your planted leg. Hold for 15s. Switch feet and repeat.

4. Chest Stretch



Bring your hands behind your back and interlock your fingers/keep hands together. Push out your chest slowly and hold for 2 sets of 15s, or one set of 30s.

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.**