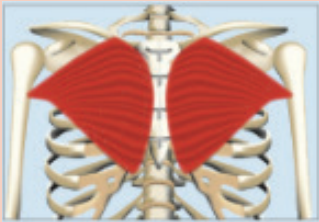


Sternal Precautions



Your sternum (breastbone) must be opened up during surgery. The bone is pulled back together with wires. It takes time for that bone to heal.

PREVIOUS RESTRICTIONS

- Do NOT lift, push, or pull more than 10 lbs.
- Do NOT push to get out of bed or a chair
- Do NOT raise your arms over your head

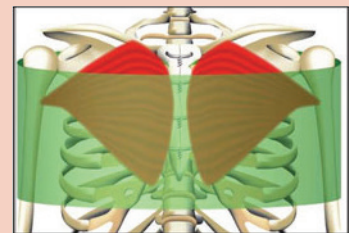


NEW PRECAUTIONS

- Listen to YOUR body!
- No weight lifting restrictions but ease into it
- Do everything with both arms (opening doors, picking up objects, overhead reaching, etc.)

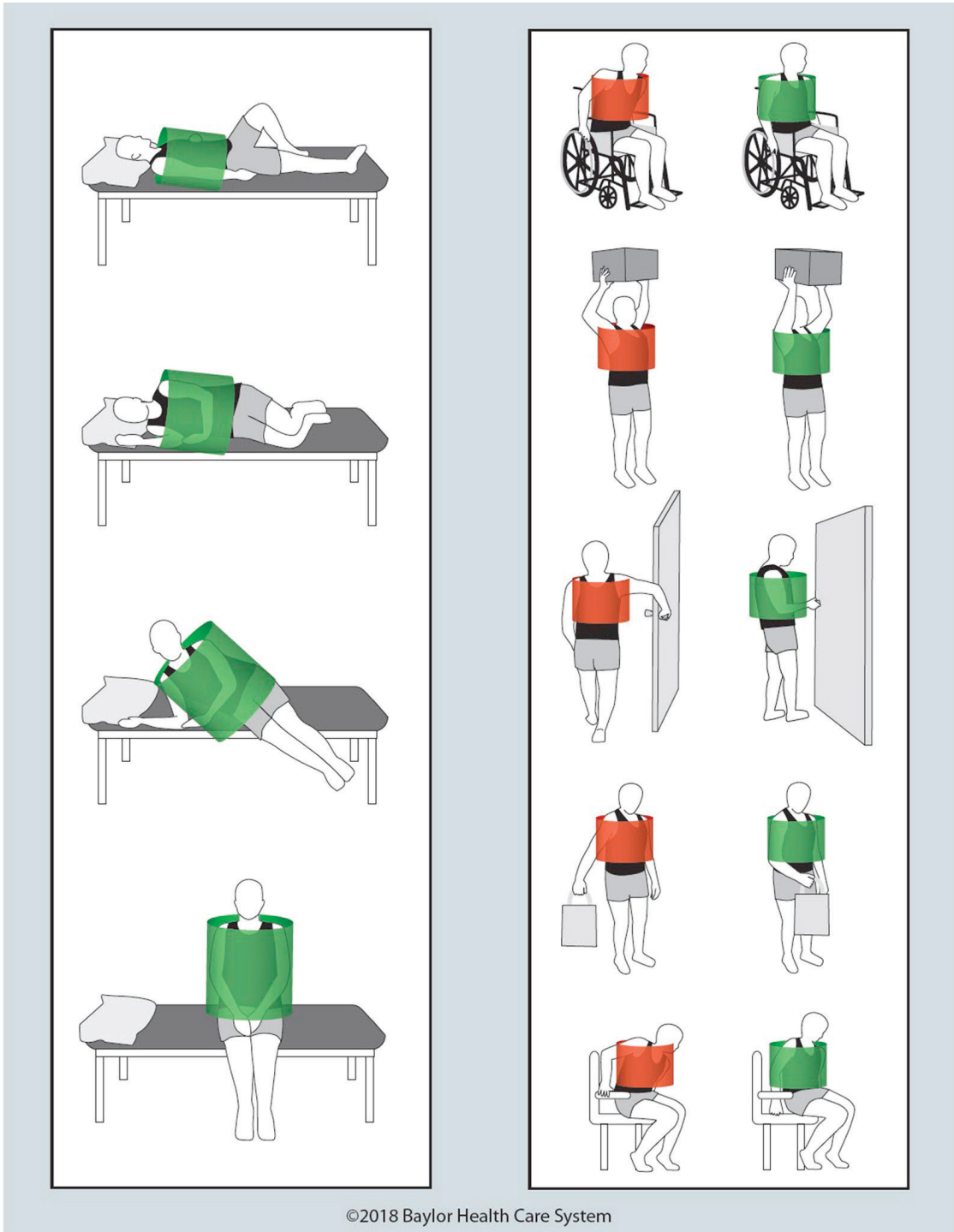
KEEP YOUR MOVE IN THE TUBE

Imagine there is a tube around your upper body. You can lift, push, and raise your arms as long as you remain in the tube.



Goal: Keep your sternum stable & in line

Sternal Precautions



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