

## Questions or concerns?

If you have any questions or concerns about your physiotherapy or exercise program talk to your physiotherapist.

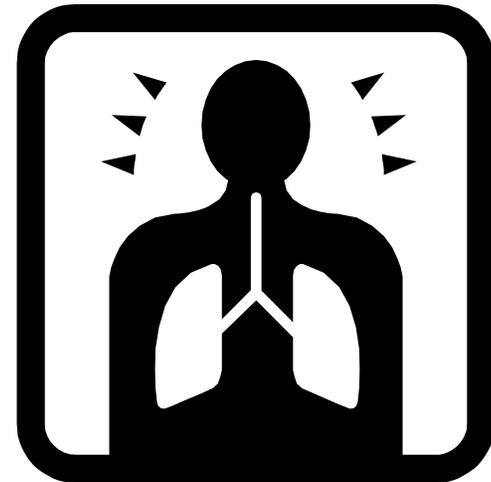
**We are here to help.**



It is important to make sure you understand what exercises to do and how to do them safely.

Please feel free to talk to us.

## Physiotherapy after Lung Surgery



**What to expect and  
how you can help yourself**

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**Physiotherapy Department**

## What to expect after lung surgery:

You may have many tubes. These can be organized to help you do your exercises move around.



You may have some pain or discomfort. You may have shoulder pain, pain with coughing or pain when changing positions. Pain or discomfort is treated with pain control medications and other comfort measures.



## Moving is very important after surgery.

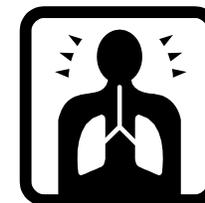
Lungs work best in an upright and moving position. Working your heart and leg muscles also helps prevent clots from forming.

You can expect to be up in the chair the evening of your surgery or early the next day. Most people are also walking a short distance the day after surgery.



## Moving:

Moving helps your lungs fill with air well and also helps clear any secretions.



Moving also helps your heart and leg muscles pump blood around your body and prevent clots.



The sooner you get moving, the faster you will recover from surgery and go home.

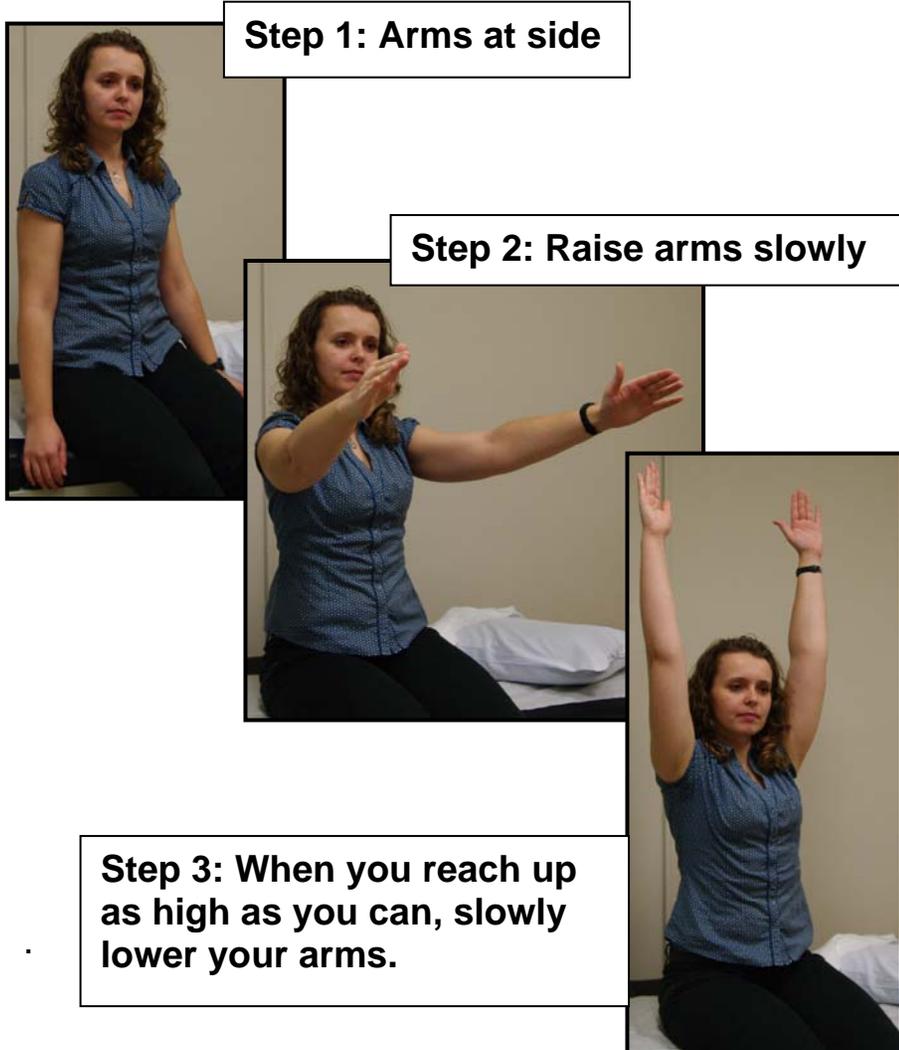


For your safety, wear full back, walking shoes when you are up.



## Shoulder Raises:

These help stretch the muscle tissue so that the incision does not heal tight. They also loosen up your shoulders which may be stiff from surgery. Do 5 sets each time.



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## What to expect after lung surgery:

### Breathing – Back to Normal

Our main goal is to help you get your breathing back to normal. We will review or teach you deep breathing and coughing exercises. These are done often while you are awake to help prevent problems.

We also use techniques such as percussion, vibration and massage therapy. These are explained to you before we do them.

### Moving – Back to Normal

We also want to make sure that you can move around safely. Getting up to a chair, sitting up, standing, walking, and stairs are all important for you to be able to do in the hospital and at home.

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### **Ankle pumps:**

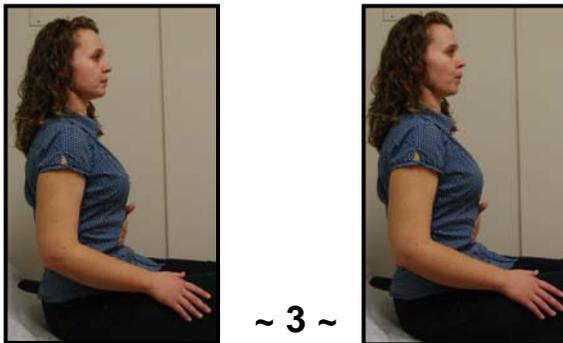
These help reduce swelling and prevent blood clots. Pump your ankle up and down 10 times.



### **Deep Breathing – Do this 3 times each time**

During a day you take many deep breaths. After surgery, pain and discomfort can make you avoid deep breathing. You need to remind your body to breathe deeply throughout the day.

1. Breathe in through your nose.
  2. Breathe out with your lips shaped in an “O”.
- While you are breathing, put your hand on your stomach. Your stomach should come out when you breathe in and sink in when you breathe out.



### **Deep Breathing:**

**Remember to breathe out with your lips shaped in an “O”.**



### **Coughing:**

Coughing helps clear secretions that can build up in the lungs after surgery.

Secretions in the lungs can lead to infections such as pneumonia.

After taking 3 deep breaths, cough. Support your incision with a pillow or blanket roll before coughing.



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