

Activity Restriction After A Heart Attack



Educational resources by NUHCS

Outlines

- Know Your Heart
 - What is Coronary Artery Disease (CAD)?
 - What is Atherosclerosis?
 - Treatments for CAD / Heart Attack
 - Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- Management of Chest Pain
- Heart Medications
- Physical Activity and Cardiac Rehabilitation Program
- Heart Healthy Diet
- Stress Management
- Smoking Cessation

Disclaimer

Information from this section has been adapted from the following:

NUHCS Coronary Angiography and Angioplasty: A Patient's Guide

https://www.nuhcs.com.sg/Heart-Health/About-Heart-Conditions/Documents/Coronary-Angiography-and-Angioplasty-A-Patient-Guide.pdf

NUHCS Coronary Artery Bypass Surgery (CABG)

https://www.nuhcs.com.sg/Heart-

Health/Documents/Pages/Brochures/767NUHCS Coronary Artery Bypass Surgery FA Online.pdf

Other resources:

https://www.healthhub.sg/live-healthy/882/activity-restrictions-after-a-heart-attack



- The heart needs time to recover after a heart attack.
- Early physical activity is one of the important components to improve heart health. But overstraining should be avoided.



- Learn to take your pulse.
- Your heart rate may be used to guide physical activity during your recovery.

How to take a pulse?

- 1. Place two fingers <u>between</u> the bone and tendon over your radial artery at the wrist, which is at the thumb side of your wrist.
- 2. Count the number of pulses in the 10-second frame. Multiply it by six to get your heart rate.





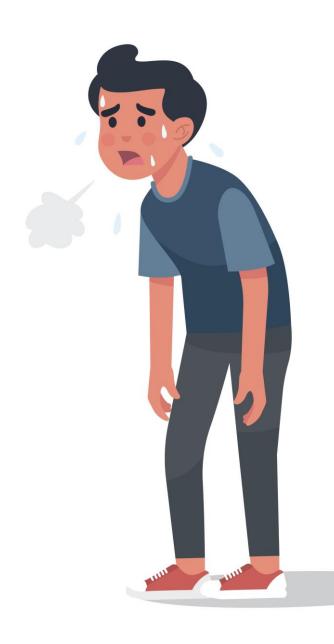
- Take short walk or stroll, depending on your physical condition.
- You may gradually increase to usual walking speed and distance after 2 weeks.

Increase your activity gradually, for example:

Week	Time in Minutes	Approximate Distance (Metres)	Times Daily	Pace
1	5-10	250 (1 Bus stop)	2	Stroll
2	10-15	500 (2 Bus stop)	2	Comfortable
3	15-20	1000 (4 Bus stop)	2	Comfortable
4	20-25	1500 (6 Bus stop)	1-2	Comfortable / Brisk
5	25-30	1500 (6 Bus stop)	1-2	Comfortable / Brisk
6	30	2000 (8 Bus stops)	1-2	Comfortable / Brisk



- When doing light housework or other exercises, start with 5-10 minutes at a time.
- You may progress to an activity of a higher intensity if a lower intensity feels easy to you.



- Do not exert yourself unnecessarily, e.g. heavy housework.
- Avoid heavy lifting of not more than 5kg until you recover
- If you feel breathless or chest discomfort, do not continue with your activity. Slow down or stop completely.









Activities to Note:

- Driving It is recommended to avoid driving for 2 weeks. It is best to avoid driving for the first month after a heart attack.
- Air travel Do not travel by air for the first month or as per doctor's advice.
- Work If your work involves vocational driving or is physically demanding, seek your doctor's opinion before returning to work.
- Sexual intercourse You may resume sexual intercourse with your partner 4 weeks after your heart events / procedures.
- Seek medical attention at A&E when puncture site is increasingly painful, swollen, red, bleeding, or the bruise size is increasing.

Thank you.

























