

Journey to a Healthy Heart

Educational resources by NUHCS



Activity Restriction After A Heart Attack



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.



Advice on Physical Activities

- 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 between 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 a 10-second frame. Multiply it by six to get your heart rate.



Advice on Physical Activities

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

Increase your activity gradually, for example:

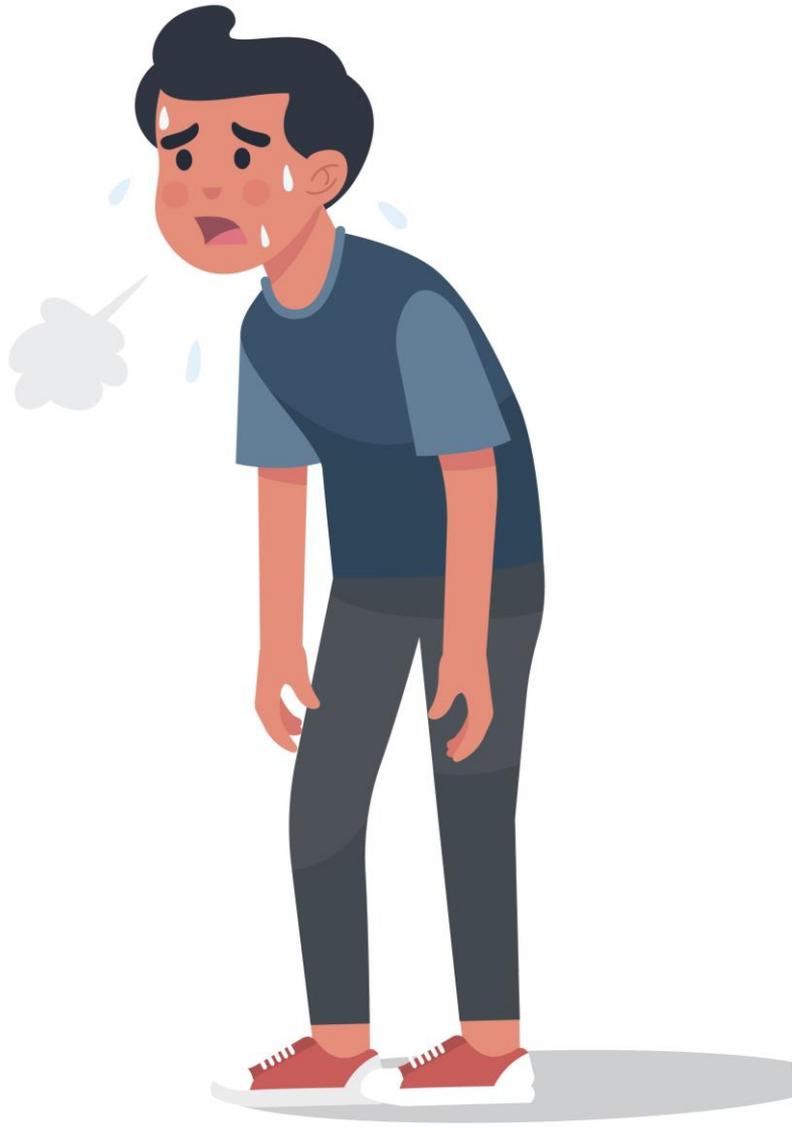
Week	Time in Minutes	Approximate Distance (Metres)	Times Daily	Pace
1	5-10	250 (1 Bus stop)	2	Stroll
2	10-15	500 (2 Bus stop)	2	Comfortable
3	15-20	1000 (4 Bus stop)	2	Comfortable
4	20-25	1500 (6 Bus stop)	1-2	Comfortable / Brisk
5	25-30	1500 (6 Bus stop)	1-2	Comfortable / Brisk
6	30	2000 (8 Bus stops)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



Advice on Physical Activities

- 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.

Advice on Physical Activities



- 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.

