

0	Nothing at all
0.5	Very, very slight (just noticeable)
1	Very slight
2	Slight (light)
3	Moderate
4	Somewhat severe
5	Severe (heavy)
6	
7	Very Severe
8	
9	
10	Very, very severe (maximal)

Borg, G (1982) Psychophysical bases of perceived exertion, Medicine & Science in Sports & Exercise. 14(5):377-381,

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on 020 3594 2040 or visit www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

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Thoracic Surgery

Information and exercise following your surgery



Importance of Exercise after Surgery

After Thoracic Surgery it is important to start your everyday activities as soon as possible. The information in the leaflet will help to speed up your recovery while you're in hospital.

Coughing

- It is very important that you are able to cough effectively following your surgery; this ensures your chest stays clear of any phlegm.
- Some people find more comfortable to hold a towel or pillow to your wound when coughing.
- If you find coughing more painful, ask your nurse for more pain relief.

Pacing




- You should feel tired but not exhausted.
- At rest you should be 0-3 on the Borg Scale (Figure 1 on reverse).
- When exercising you should be 5-6 on the Borg
- If more than 7-8 then stop, rest and recover.
- Plan your day so you have rest between your activities.

Walking

- Walking is important to aid recovery. We expect you to be walking around the ward during hospital stay, gradually increasing the distance daily. If you feel unsteady or have drains/lines please ask a nurse to assist you.
- If you are unable to move away from the bed space you should take deep breaths, march on the spot or practice sitting to standing instead.
- Pulmonary rehab may be beneficial for your recovery, it involves exercises and education. The physiotherapist can provide more information.
- **TRY WALKING FREQUENTLY THROUGH THE DAY**

Shoulder and back exercises

- Some people may experience stiffness and pain in their shoulders after lung surgery. It is important to keep them moving.
- Some of the exercises may cause discomfort and a stretching feeling. This will ease over time.
- **THESE EXERCISES SHOULD BE DONE 3-4 TIMES A DAY.**

 ©PhysioTools Ltd	<p>In sitting or standing. Lift your arm up straight out in front of you letting your thumb lead the way.</p> <p>Lift your arm out to the side letting your thumb lead the way.</p> <p>Repeat 10 times.</p>
 ©PhysioTools Ltd	<p>Sit sideways on a chair with a cushion between your side and the back of the chair. Put your hands behind your neck (or cross them over your chest). Bend to the side.</p> <p>Repeat 10 times.</p>
 ©PhysioTools Ltd	<p>Sit with your back straight and feet firmly on the floor. Pull your shoulder blades together while turning your thumbs and hands outwards.</p> <p>Repeat 10 times.</p>