



Postoperative Activity and Sternal Precautions.

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| Level of Evidence | Moderate |
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Consensus Statement

Early postoperative ambulation and upper extremity exercise is well tolerated and associated with hastened recovery.

Main Points

- Early ambulation and postoperative physiotherapy are safe and associated with faster recovery, improved exercise capacity, and fewer pulmonary complications.
- The paper also supports less restrictive upper extremity activity guided by ergonomic principles rather than rigid traditional sternal precautions.
- Formal physical therapy involvement and referral to home- or center-based cardiac rehabilitation are encouraged to support recovery after discharge.

Key References

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