

Cardiac & Respiratory Care Pathways

Day 1 - 2	AROM Exercise – Start from simple exercise to difficult. Start in supine to sitting to standing position first with external support then without external support.
Day 3 - 5	Increase exercise with resistance (e.g. theraband, weights). Start with low reps and increase gradually. Start endurance training without any activity that increases HR or BP from baseline for 20-30 minutes at level 20-30% of maximal effort. Work on functional mobility training which includes bed mobility, transfers, ADL's, balance, gait, stairs and high level function activities.
Day 5 – 7	Functional Mobility Training – Progression from bed mobility to transfer to ambulation to stair negotiation (use Tinetti, BORG balance, 6 minute walk)
Day 7 to Discharge	Patient and Family Education Discuss realistic expectation of function, appropriate level of assist patient requires from family, energy conservation techniques, pursed lip breathing, home exercise programs, use of DME and follow up appointments.