Your Rehabilitation Plan

After surgery, your healthcare team will develop a physical therapy plan tailored to your specific needs. It's important that you understand why your doctor recommends specific therapy and that you fully participate in your recovery. Here are some questions you may want to ask. Use the space provided for additional questions or notes.

- What does cardiac rehabilitation include and how will it help me?
- What are you recommending for my physical therapy or cardiac rehabilitation?
- How much do physical therapy and cardiac rehabilitation cost? Are they typically covered by insurance?
- Will this level of activity be painful?
- Will I feel an immediate change in my energy level or will it take some time to build my stamina?
- How soon will my sternum heal?
- Will I be able to play with my children or grandchildren and resume normal daily activities?
- How soon can I get back to my normal exercise routine?
- Can I lift weights? go walking? jogging?

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