



Quick Recap

Care coordinates heart-safe pacing with hip protection, walking progression, and energy-smart daily activities.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

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EMAIL

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

Hip Dysplasia & CABG Recovery

Coordinated Cardio-Orthopedic Protocol



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Heart-safe walking: short intervals with rest, monitor breathlessness and fatigue.
- Hip ADLs: use reacher and adaptive footwear; avoid deep bending at the hip.
- Sternal precautions for 6–8 weeks: do not push or pull with arms; do not lift over 5–10 pounds.
- Cough with a pillow held firmly against the chest to splint the breastbone.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track hip pain, limp, chest discomfort, palpitations, fatigue, and endurance.
- Use pulse checks or oximeter if instructed; note symptoms during activity.
- Watch leg swelling, weight gain, or rapid breathing changes.

Good to know

- Coronary bypass restores blood flow when arteries are blocked.
- Sternal precautions usually last 6–8 weeks after surgery.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Gradual walking program: increase minutes before increasing speed.
- Chair-based strength: sit-to-stand with arms on armrests if sternal precautions apply.
- ADLs: plan showers when energy is highest; sit for dressing and shoe donning.
- Cardiac rehab: 8–12 weeks of supervised exercise and education.