Postoperative Day Two

NB. These interventions comprise the MINIMUM level of care to be provided and supervised by the physiotherapist to ALL TREATMENT GROUP patients during the period of the trial. Attending physiotherapists have complete discretion to add further interventions to these should they deem this appropriate to individual patient care. All treatment should be documented on the physiotherapy intervention data collection sheet.

TWICE daily treatment comprising of the following exercises on BOTH occasions:

- In long sitting/half lying in bed or sitting out of bed
  - 5 sets of 4 (or equivalent i.e. 20 breaths) deep breaths incorporating sustained maximal inspiration (3 seconds) on each breath.
  - Forced Expiratory Technique or cough x 2
- Ambulate with or without assistance over 15 metres or equivalent on spot (approximately 1.5 minutes) unless unsafe to do so
- In sitting or standing, active or active assisted shoulder ROM exercises within pain limits on thoracotomy side incorporating (as per preoperative info sheet):
  - This must include exercises 1, 2, 3 and 4 as below:
    1. Elevation through flexion x 5 (using physio or self assist)
    2. Both hands to back of neck – spread elbows out as far as possible and bring together in front of face x 5 (external rotation with pro/retraction)
    3. Elevation through abduction x 5
    4. Operated side hand to opposite buttock x 5 (internal rotation)