

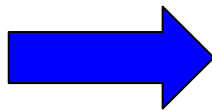
How to check your heart rate (pulse)



Checking your heart rate is a good way to tell how hard your heart is working. If this is new to you, your nurse or physiotherapist can help you learn how to do it.

Use these two fingers to feel your pulse. **Do not** use your thumb.

Lightly press your fingers about 2cm below your palm, on the thumb side of your wrist.



Count the number of pulsating beats in a 10 second period, before, during and after you exercise.

You can also purchase special monitors to take your heart rate for you.

Resting Heart Rate (your heart rate **before** exercise)

- A normal resting heart rate is 10 to 16 beats/10 sec or 60 to 100 beats/min.
- If your resting heart rate is more than 20 beats/10 sec (or 120 beats/min), you should exercise **very slowly**.

Exercise Heart Rate (your heart rate **during** and **after** exercise)

- For the first 4 to 6 weeks after surgery, your exercise heart rate should **not be more** than 4 beats/10 sec **above** your resting heart rate.
- For the first 4 to 6 weeks after surgery, your exercise heart rate itself should **not be more** than 20 beats/10 sec or 120 beats/minute.

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Author: Cardiovascular Multidisciplinary Working Group

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