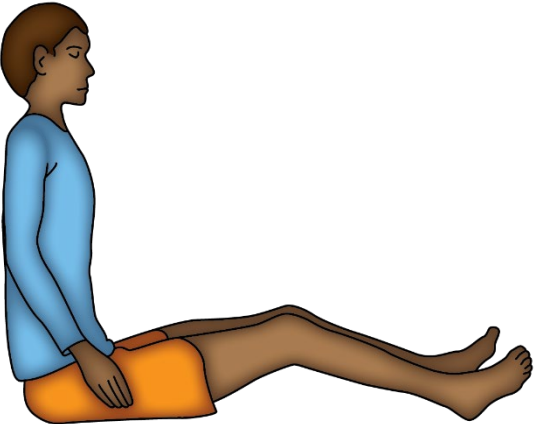
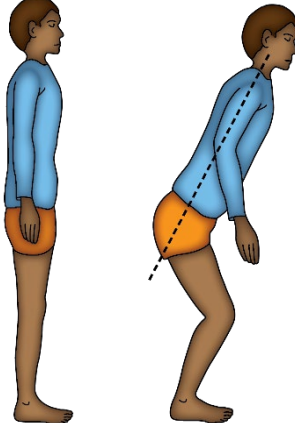


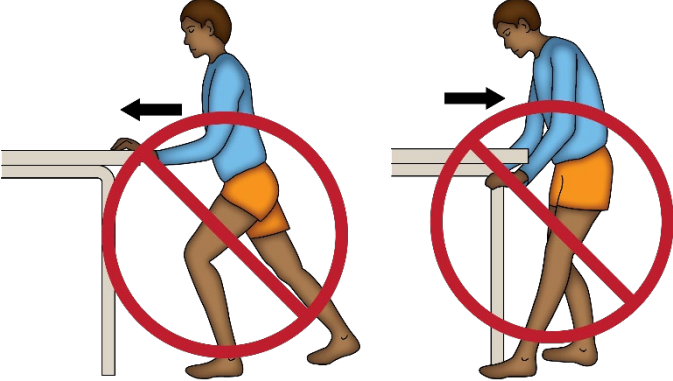
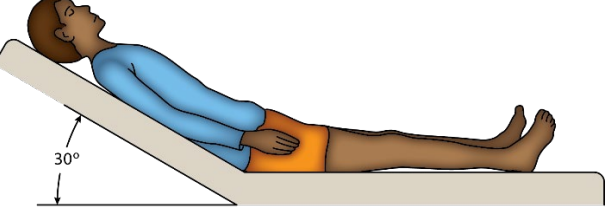
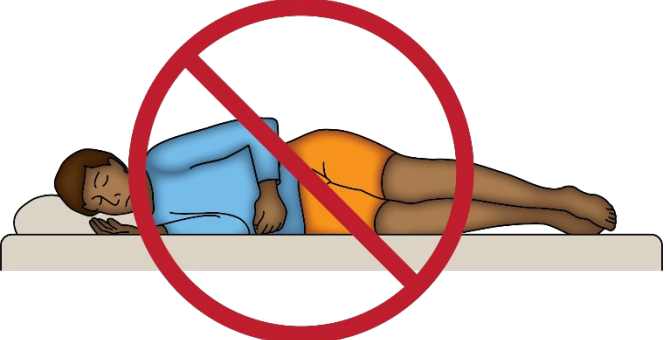




Safe movement after Nuss Procedure

<p>Always keep back straight.</p> 	<p>No bending at the chest or trunk. Only bend at the hips.</p> <p>DO</p>  <p>DON'T</p> 	<p>No twisting your trunk/upper body. Turn your whole body with your legs.</p> 	<p>No pushing or pulling with your arms.</p> 
<p>Always lie on your back when in bed. Keep the head of your bed at 30 degrees or less.</p> 	<p>No lying on your side or log rolling in bed.</p> 	<p>No reaching your arms across your body.</p> 	<p>No lifting. This includes carrying a backpack to school.</p> 

Remember: Your adult caregiver will be trained by the physiotherapist to help get you in and out of bed.