

# Sternal Precautions

During surgery, your sternum (breastbone) was cut. To best allow for healing, please follow the following precautions for the next 6-8 weeks:

- **No pushing, pulling or lifting more than 5-10 pounds.**
- **No twisting of your trunk (roll onto your side to get in and out of bed).**
- **No raising your elbows above shoulder-level**



KNIGHT  
CARDIOVASCULAR  
INSTITUTE

*Oregon Health & Science University*