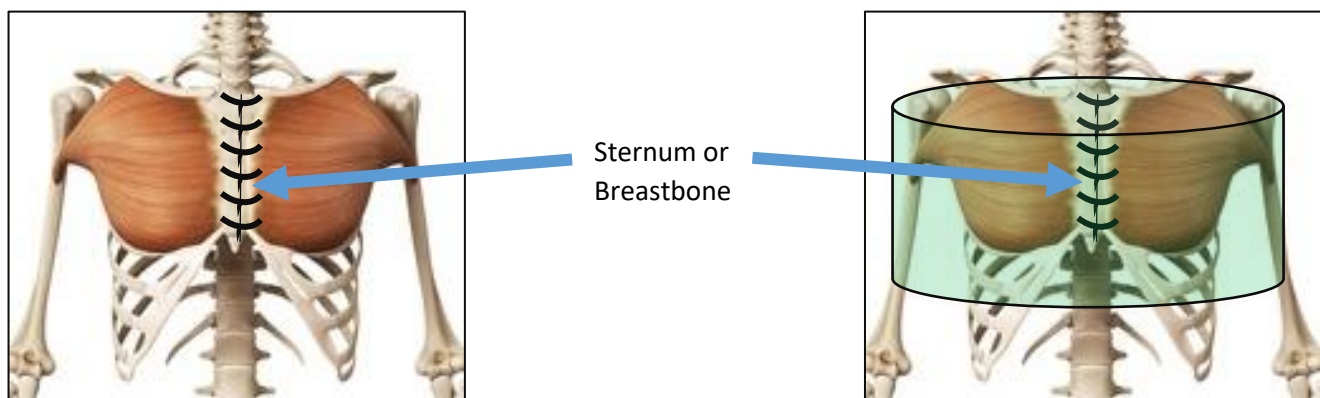


# Keep your Move In the Tube (KMIT)

## A Pain Mindfulness Recovery Tool After Surgery

Your sternum (breastbone) was cut open for surgery. This bone was put back together with wires. To best enable safe healing during recovery, imagine you have a tube around your upper body. You can lift, push and raise your arms. Keeping your elbows by your side or “**in the tube**” is a helpful tool best used when experiencing sternal pain.



**Load bearing in the tube:** such as getting out of bed or a chair.

**Non-load bearing movements outside the tube:** Allowable outside of the tube for tasks such as bathing, dressing or toileting. Full, pain-free active range of motion is encouraged.

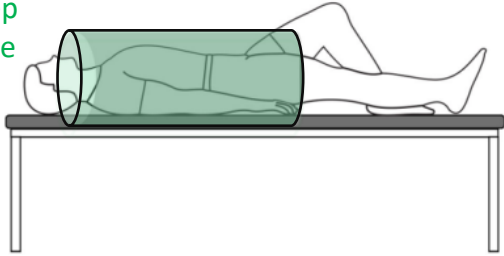
**If sternal pain does occur or increases with activity:**

- Bring arms closer to your body for function (activity)
- Slower movement decreases the pull of the chest muscles on the sternum and is less likely to cause pain

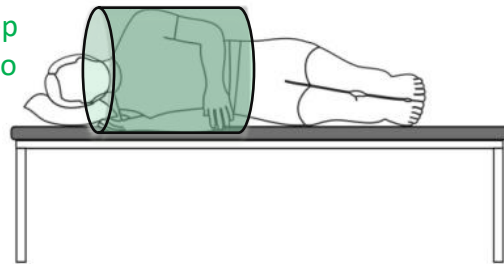
**NOTE:** If you have uncontrolled pain or unable to grade pain levels, err on the side of caution and use arm positions closest to the body (KMIT).

## Getting Out of Bed

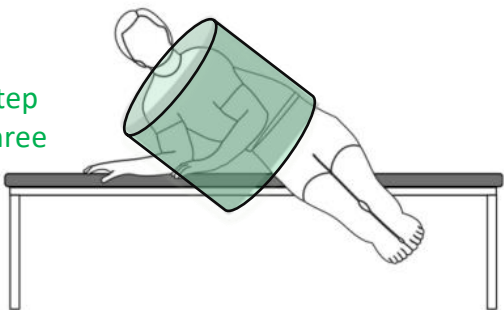
Step One



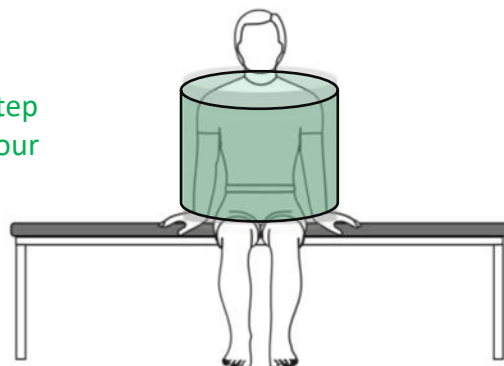
Step Two



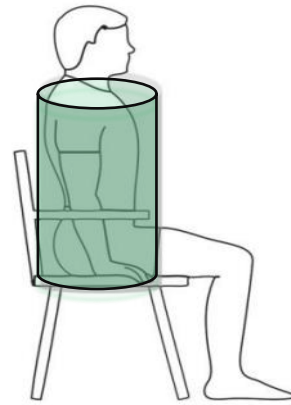
Step Three



Step Four



## Getting In/Out of Chair



## Walking with Walker

