

McLAREN FLINT  
POST CARDIAC SURGERY PATIENT  
AMBULATION TRACKER



**Post-Op  
Day #1**

Up in chair 3  
times a day

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**Post-Op  
Day #2 -  
Discharge**

Walk at least 3  
times a day

**POD #2**

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**POD #3**

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**POD #4**

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**POD #5**

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**Post-Op  
Day #2 -  
Discharge**

Walk at least 3  
times a day

**POD #6**

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**POD #7**

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**POD #8**

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**POD #9**

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**POD #10**

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**POD #11**

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**POD #12**

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**POD #13**

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