

Heart Health Matters

It's time to get active

School age children and young people

Information for parents and carers



Children and young people with congenital heart conditions need to be involved in activity as much as possible and to participate with their peer group. It is important that they are given the opportunity to develop their fitness levels and build their tolerance to exercise.

If your child/young person has had recent surgery then we would advise caution for the first six weeks and avoid taking weight through their arms. We would advise six weeks off school and college.

If you are worried about their physical activity please discuss with your Cardiologist, Paediatrician, Specialist Nurse or Physiotherapist.

The Children's Physiotherapy team at Leeds Children's Hospital can offer advice on **0113 392 0609**

Activities for children and young people



Physical education at school

Keeping hydrated when exercising is really important and ensuring they warm up and cool down.

Primary school

Children can participate fully in PE, a small number of children will need specific adjustments and this will need discussion with your cardiologist, Specialist Nurse or physiotherapist

Secondary school

Young people should be able to participate fully in PE at school, some specific conditions will need consideration but this will be on an individual basis and will be discussed with the Cardiologist, Specialist nurse, or physiotherapist. Extra clothing may be required on cold days if exercising outdoors.

Walking/ running

All young people are advised to walk regularly, play with friends and enjoy recreational outdoor activities with friends

Cycling and scooters

This is advisable for all children and young people



Cautions

Competitive sport

There are some specific conditions that require special consideration particularly in relation to contact sports eg rugby. Please discuss these at your clinic appointments

Weight lifting activities

These need individual consideration for young people and will require discussion with your Cardiologist, Specialist Nurse or Physiotherapist

Following surgery

If your child or young person has had surgery we want them to be active and walking after the first few days, this can then be increased over the first six weeks. After six weeks you can return to school and start introducing more activities. You can participate in PE at primary school but at Secondary school may need to wait until 12 weeks after surgery.

Information published by Specialist Childrens Physiotherapists,
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