

SCARSTORIES · A LITTLE COMPANY ON THE WAY

The good-day trap

Nadia H. — cardiac rehab physio · 9 Sep 2026

From a rehab physio: the most common mistake I see in month two is doing too much on good days.

Recovery isn't linear. You'll have a great Tuesday and want to mow the lawn, clean the garage and walk 10k steps. Then Wednesday you're wiped and discouraged. Pace yourself — the body is still healing inside even when the scar looks fine. Consistency beats intensity every single time.

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.