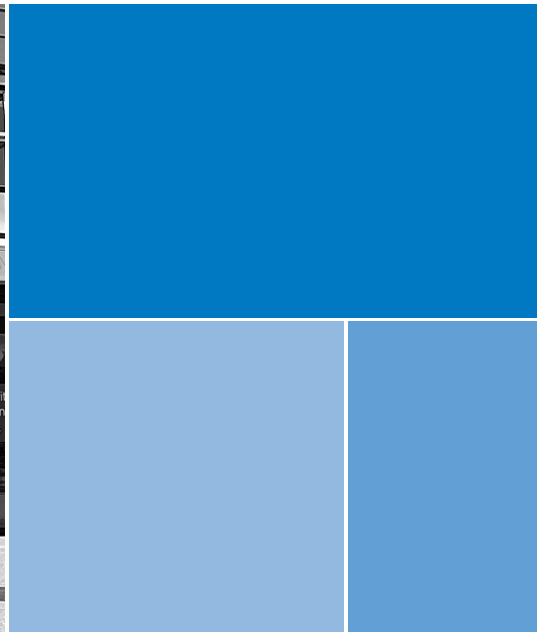




James Paget
University Hospitals
NHS Foundation Trust

Patient Post-Operative Therapy Guide - Physiotherapy and Occupational Therapy



Patient Information

Introduction

This booklet is designed to provide information and advice about your recovery after surgery. The information will aid your recovery and rehabilitation during your stay at the James Paget University Hospital and once you are discharged home.

The aim of this advice is to reduce the risk of chest infections, deep vein thrombosis and improve your function and mobility in the early days following your surgery.

Post-operative advice

You should expect to get out of bed at the earliest opportunity after your surgery. This could be as soon as four to six hours. An upright position is the best position for your lungs and it will help improve your circulation. This will reduce your risk of chest infection and deep vein thrombosis and make you more independent.

Getting out of bed

You may find the following technique useful to get out of bed following your surgery. Bend your knees up and roll onto your side. Bring your legs over the edge of the bed and lower your feet to the floor using your elbow and push yourself into a sitting position

Pain

As with any surgery, you should expect some degree of pain. Painkillers will be prescribed and it is advised that you take them regularly so that you can perform your exercises and walk as able.

Coughing

Coughing will not damage the stitching. Applying some gentle pressure with your hands over the wound site will reduce pain and provide extra support. This can also be achieved by hugging a towel or pillow if available. It is important to cough and keep your chest clear to prevent a chest infection.



Attachments

You may have drips, drains or a catheter attached to you after surgery, these can be placed on a drip pole and you can walk with them. Please do not attempt to pull any attachments. The ward staff will assist you with moving attachments so you can move about the ward.

Walking on the ward

Walking to and from the toilet and up and down the ward is good exercise for you whilst you are in Hospital. Aim to get up and move every two hours, increasing the amount of walking you do each day. Initially you may require help from staff, depending on the number of attachments you have and your previous level of mobility.

Please wear shoes or slippers to walk in. If no one can bring footwear in for you it is safe to walk bare foot, but do not wear just socks as you may slip.

Walking aids

After your operation you may require a walking aid, such as a frame or a stick. A member staff on the ward will be able to assist you if you require support or an aid. If you require ongoing support with your walking after being discharged from hospital, a referral can be made to a physiotherapist in the community.

Physiotherapy Exercises

The following physiotherapy exercises have been split into four different sections.

- Breathing exercises
- Circulation exercises
- Core exercises
- Strengthening exercises

These exercises can be commenced as soon as the physiotherapists have demonstrated them to you.

The guidance around how many repetitions and how many times to complete each exercise varies, depending on which exercise you are completing. Therefore ensure you read each section thoroughly for appropriate recommendations.

The exercises are important to build up your core strength and overall strength which will in turn improve your function. They are also recommended to help prevent against any post-operative complications.

Prior to completing your exercises, ensure that you have taken adequate pain relief as this will allow you to complete them effectively.

The following exercises should not make your pain worse. However, if they are too uncomfortable, please inform a member of the ward staff.

Breathing exercises

Deep breaths

Take three deep breaths in through your nose and breathe out through your mouth. Practise this deep breathing exercise hourly. You can also add in holding that deep breath for three-to-five seconds. This exercise can be done in bed, in a chair and even while you are walking.

Active cycle of breathing technique

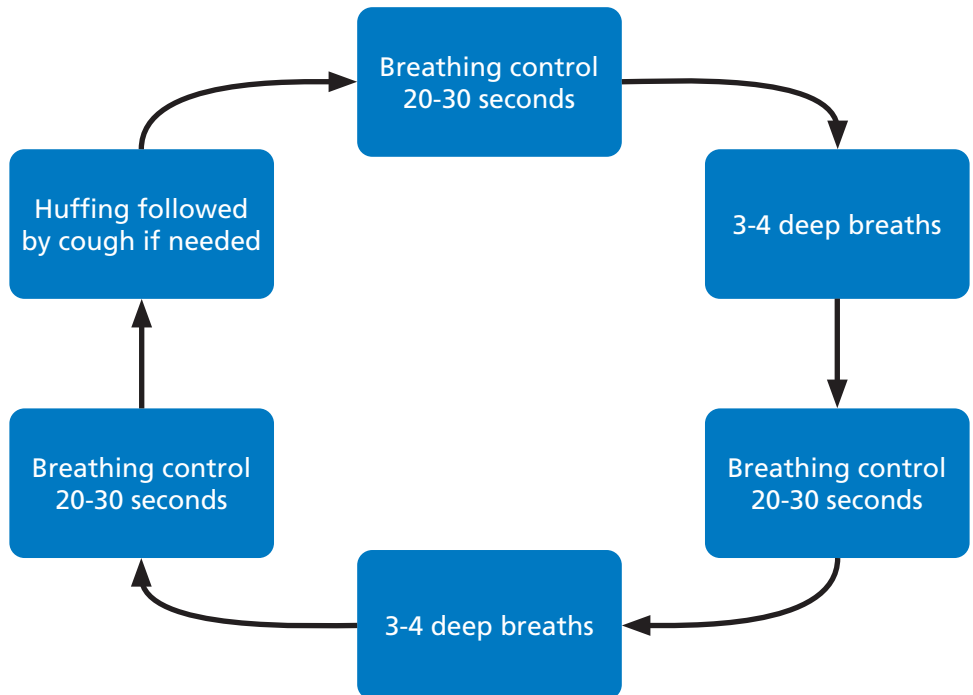
This can be done in any position but ideally practise it when sitting comfortably in an upright position.

Spend a 30 seconds breathing calmly and controlled.

- Take three big breaths, expanding your rib cage. If you can hold the deep breath for three to five seconds.
- Try a 'huff' which is a short, sharp breath with your mouth open as if misting a mirror or a pair of glasses
- You may feel ready to cough up some sputum. If not, go back to the beginning and repeat the cycle until any sputum you have is coughed up.

You can use this technique at any time of day, when you have some sputum to remove. It can also be used to help control any coughing.

Active cycle of breathing technique



Circulation exercises

Ankle pumps

This exercise can be completed either in your chair or on your bed. Practise pointing your toes up towards your head and then point them away from you. This exercise is important for your circulation and to work your calf muscles. This exercise can be completed either in your chair or bed.



Ankle circles

This exercise can either be completed sat in your chair or on your bed. Draw a circle with your ankle in a clock wise direction. Repeat in an anti-clock wise direction.

Buttock squeeze

Lying on your back, squeeze your buttocks together. Hold for up to five seconds and relax.



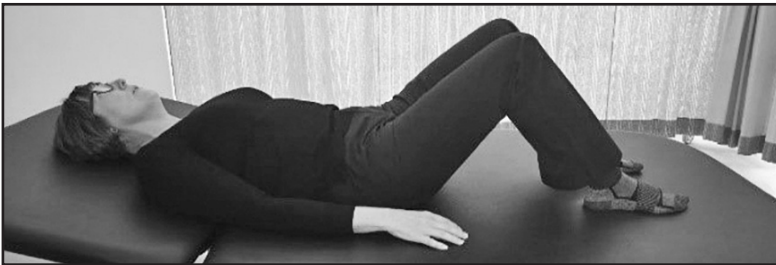
Core exercises

Abdominal breathing

Lie on your back with your knees bent as far as is comfortable for you. Simply take a deep breath in and slowly exhale through your mouth. As you exhale gently tighten up your deep muscles in your tummy. Do not lift your bottom or press your back into the bed.

Try and hold this 'brace' feeling for a count of five seconds and then release. Breathe and repeat three to five times.

You can progress this exercise holding the count for 10-15 seconds and repeating up to five times. Place your hands on your tummy so you can feel the muscles tightening.



Pelvic tilt

Lie on your back, with your head supported by a pillow and your knees bent as far as is comfortable for you. Very gently rock your pelvis upwards and flatten your back into the bed. You should feel your tummy and bottom muscles tighten a little. Rock back to your starting position and repeat. Initially complete five times and progress to up to 20 repetitions.

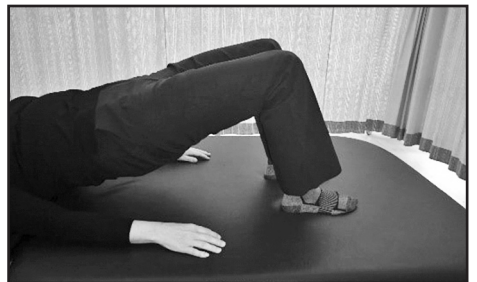
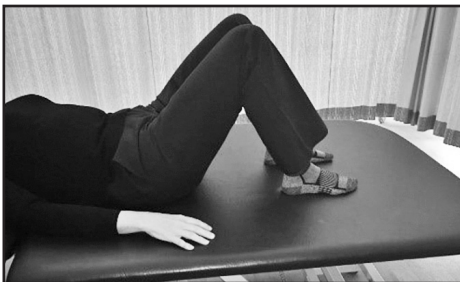


Bridging

Introduce this exercise seven to 10 days after surgery.

Lie on your back with your head supported by a pillow and your knees bent as far as you find comfortable.

Very gently tilt your pelvis backwards and tighten your pelvic floor muscles. Slowly lift your bottom off the floor just one vertebrae at a time. Only go as high as you feel comfortable. Hold for a moment, then slowly lower your spine and bottom back onto the bed. Repeat three to five times initially and progress to 10-15 repetitions as you feel more comfortable.

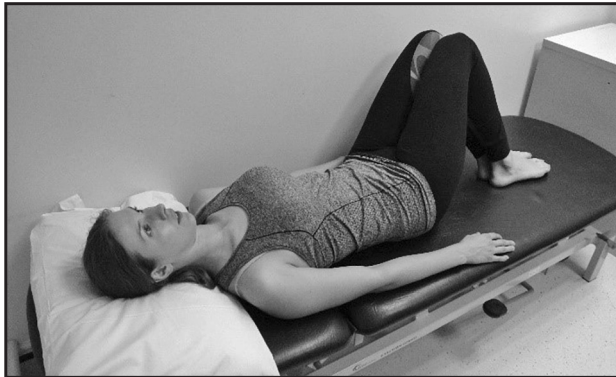


Knee rolling

Introduce this exercise seven to 10 days after surgery.

Lie on your back with your head supported by a pillow and your knees bent as far as you find comfortable. Place your arms down by your side.

Keeping your knees and ankles together gently let your knees begin to drop over to one side. Only go as far as you feel comfortable then carefully tighten your tummy muscles and roll your knees over to the other side. Try and keep your shoulders on the bed and your head relaxed. Aim to complete this exercise five times, building up to 20 repetitions and increasing the range so your knees drop lower when taking to one side.



Strengthening exercises

Static quadriceps strengthening

Sitting up with your leg straight or lying on a bed, pull your toes up towards you and push your knees down into the bed. Hold for up to five seconds then relax. You should feel your thigh muscles tightening. This exercise strengthens your knee which is important for walking.



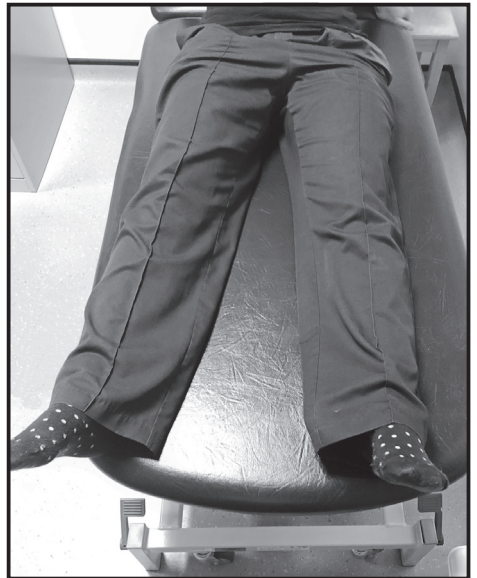
Straight leg raises

Lay on a bed with both legs straight, tighten your thigh to straighten your knee, and then lift up your leg approximately three inches off the bed. Hold for up to five seconds and then lower your leg slowly to the bed. Repeat with the other leg.



Hip adduction and abduction

Either sit or lie on a bed with your legs straight out in front of you. Start by sliding your left leg out to the side, then return back to the start position. Repeat with your right leg.



Seated hip flexion

Sitting in a chair with your back supported. Lift one knee upwards towards the ceiling and then return to place your foot back to the ground. Repeat with the opposite leg.



Knee extension

Sit on the edge of the bed or in a chair. Attempt to straighten your knee out in front of you by lifting your foot off the floor. Bring your toes up towards you. Hold for five seconds. This exercise helps to strengthen your leg muscles, which are important for walking.



Sit to stand

This exercise is a well-rounded exercise to aid circulation and keep your lower limbs strong. Start by sitting in your armchair. Bring your bottom forwards to the front of the chair. Place both hands on the arms of the chair and lean forwards so your nose is over your toes. Push through your arms and legs straightening up into a full stand. Return to sitting, slowing controlling your descent with your hands on the arms of the chair.



Daily exercise completion

It is really important once you are home to continue with your exercises. Those that complete regular exercises will have the best recovery. You could use the table overleaf to keep record of when you are doing them.

Exercise diary

Week 1	Breathing exercises 1. Deep breaths 2. Active cycle of breathing technique	Circulation exercises 1. Ankle pumps 2. Ankle circles 3. Buttock squeeze	Core exercises 1. Abdominal breathing 2. Pelvic tilt 3. Bridge 4. Knee rolling	Strengthening exercises 1. Static quads 2. Straight leg raise 3. Hip add/abduction 4. Knee extension 5. Hip flexion 6. Sit to stand
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	Breathing exercises 1. Deep breaths 2. Active cycle of breathing technique	Circulation exercises 1. Ankle pumps 2. Ankle circles 3. Buttock squeeze	Core exercises 1. Abdominal breathing 2. Pelvic tilt 3. Bridge 4. Knee rolling	Strengthening exercises 1. Static quads 2. Straight leg raise 3. Hip add/abduction 4. Knee extension 5. Hip flexion 6. Sit to stand
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Occupational Therapy advice

Kitchen

You may benefit from completing kitchen tasks from a seated position initially. This will allow you to conserve energy and take pressure off your operational site. You might like to think about having a stool or chair close by the work surface when making a hot drink, cooking or washing up.

Driving

You need to:

- Ask for advice about whether you need to inform the DVLA about your surgery - it may affect your insurance if you do not
- Ask your consultant/GP about when it is safe to return to driving.

Return to work

Returning to work depends solely upon what your job entails. If you require a Fit Note, please ask the ward staff after your operation.

Contact numbers

British Red Cross

Short-term loan of equipment, commodes, backrests, raised toilet seats, wheelchairs, perching stools, bath boards etc.

Telephone: 0845 054 7181/ 01493 663626

Meals

Wiltshire Farm Foods: 0800 773773
(frozen ready meals)

Oakhouse Foods: 01379 870117
(frozen ready meals)

Grandma's Kitchen: 01502 537733
(delivers hot meals
on plates to your door)

Your Feedback We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

OUR VALUES

Proud of the Paget

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

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