

## **Physiotherapy**

### **Department of Rehabilitation**

#### **Pre-operative Physiotherapy**

##### **Prior to your surgery**

You are advised to exercise regularly to optimise your fitness level in preparation for your surgery. Maintaining a healthy diet will help your body heal faster after surgery. If you are a smoker, it is strongly recommended to stop smoking both before and after surgery to promote faster healing.

##### **After your surgery**

Deep breathing after surgery may bring discomfort, but it reduces the risk of lung problems. Therefore, it is important to start doing regular deep breathing exercises after surgery.

##### **Deep Breathing Exercise**

- Put your hands on your abdomen and take in a slow deep breath
- Feel the rise of your abdomen
- You are encouraged to hold your breath for three seconds at the end of each exhale.
- Relax your upper chest and shoulders
- Breathe out slowly, repeat 10 times every hour

## **Incentive Spirometer**

The Incentive Spirometer is a device to aid in deep breathing after surgery to maintain adequate air entry to your lungs.

- Sit up and hold the device in front of you.
- Seal the mouthpiece properly with your lips.
- Breathe in slowly through your mouth. Notice the goal marker rising as you breathe in. This indicates air entry.
- Breathe out slowly, make sure the marker returns to zero before the next breath.
- Repeat 10 times every hour.

Take a break if you experience:

- Discomfort / Pain
- Breathlessness
- Dizziness

Stop if you continue to experience the above symptoms.

## **Supported cough**

Providing support over the surgical site can help to reduce stress and pain when you try to cough and clear your phlegm after surgery.

- Using a small pillow, provide a gentle but firm pressure over the surgical site
- Cough as necessary to clear your phlegm

## **Getting Out of Bed**

You will be taught safe and effective methods to minimise pain while moving out of bed soon after your surgery.

- Roll to one side



- Put your legs out keeping your thighs within the bed
- Push your body up using your arms

## **Bed Exercises**

Prolonged bed rest can make you weak. Thus, it is important to start exercising after surgery to keep you strong and mobile. You may begin by performing some gentle exercises in bed after surgery as getting up and about may not be possible.

## **Sitting Out of Bed**

Sitting out of bed helps to improve your lung function and prevent chest infections, it is hence advisable to sit out of bed at least two hours daily and gradually increase the duration.

## **Walking**

Early mobilisation helps to improve your lung and heart function, promotes recovery and prevent blood clots in your legs. Therefore, walking should start early after surgery unless otherwise advised by your doctor. Walking aids will be prescribed by your physiotherapist where necessary.

There is a pre-operative physiotherapy video available as well, kindly click [here](#) to view.



### **Shoulder Elevation**

- Lift your arm up and back towards your head then bring it back down. Repeat 10 times, 3-5 sets.



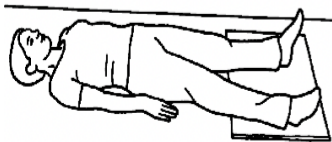
### **Elbow Flexion/Extension**

- Bend and straighten back your elbow. Repeat 10 times, 3-5 sets.



### **Heel Slide**

- Bend your hip and knee as far as possible then straighten back your leg. Repeat 10 times, 3-5 sets.



### **Hip Abduction**

- Straighten your knee, squeeze your buttock muscles, slide your leg sideways. Repeat 10 times, 3-5 sets.



### **Ankle Pumps**

- Bend your feet up and down to help prevent blood clots in your legs. Repeat 10 times, to do regularly.

#### Disclaimer:

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.