

# Being active before & after hernia surgery

## Hernia Surgery Exercise Program

Continue your regular physical activity leading up to surgery. If you do not have a regular exercise routine, initiate a walking program.

### Walking Program

#### Initiating a Walking Program

Continue your regular exercise program unless it is causing pain at the hernia site. If your regular exercise program is causing hernia site pain or you do not have an exercise program, initiate the walking program below.

- Begin walking short distances at slow pace (including day of surgery)

- Increase pace and/or distance in 5 minute intervals, or as tolerated each day
- Limit walking and activity based on pain, fatigue, or swelling
- If you were provided an abdominal binder or compression shorts, wear these during activity.
- Use the “talk test” to determine intensity. As long as you can carry on a conversation, you are working at the desired intensity.

### Exercise Precautions

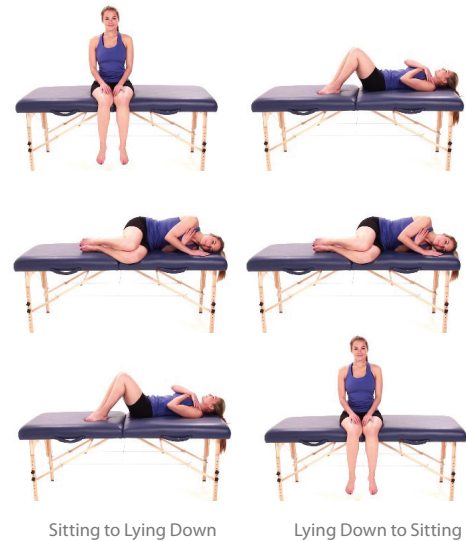
- After surgery, avoid exercises that utilize abdominal muscles
- Avoid lifting, pulling, or pushing anything heavier than 10 pounds for six weeks after your surgery unless otherwise advised by your surgeon. This would include: basket of laundry, gallon of milk, pets, etc.

## 1 Upright Posture – Try to maintain posture in the chair and while in bed, minimizing surgical site strain.

## 2 Log Rolling Technique

Log-rolling technique for lying to sitting and sitting to lying movements

- Begin sitting upright on the edge of a bed.
- Slowly lower yourself onto one side and bring your feet onto the bed at the same time with your knees bent. Then, roll onto your back, keeping your knees bent and hips aligned with your shoulders. Reverse these movements to return to a sitting upright position.
- Make sure to keep your knees, hips, and shoulders aligned and do not reach backward with your arm as you roll.
- Begin lying on your back in bed
- Bend both of your knees one at a time
- Slowly roll onto your side towards the edge of the bed.
- At the same time, lower your feet towards the floor and push your torso up with your arms until you're in a seated position on the edge of the bed.



## 3 Breathing Awareness – 3-5 rounds of 5 repetitions each

### Sniff and Huff

(warm up for additional breathing exercises)

### Sniff

- Close lips and open your nose
- Inhale 3 times quickly
- Repeat 3 times

### Huff

- Open mouth wide
- Exhale 3 times quickly



### Seated Diaphragmatic Breathing

- Begin sitting in an upright position with one hand on your upper belly and your other hand on your chest.
- Take a deep breath in, feeling your stomach expand against your hand, then breathe out. Repeat.
- You should not feel any movement in your chest as you breathe.

## 4 Exercises

### Exercise Recommended Guidelines

#### Activity Level

Not very active  
Fairly active  
Very Active

#### Sets

3 sets of 5  
3 sets of 10  
3 sets of 10

#### Times Per day

3  
3  
5

#### DATE:

EXERCISE	DURATION/REPS	DURATION/REPS	DURATION/REPS	DURATION/REPS	DURATION/REPS	DURATION/REPS	DURATION/REPS
Walking							
Sit to Stand							
Seated Ankle Pumps							
Seated Knee Extension							
Seated Gluteal Squeezes							
Seated Shoulder Rolls							
Seated Shoulder Squeezes							
Seated Bicep Curl							

with Armrests



without Armrests



### ① Sit to Stand

- When standing up from a chair or bed, it's important to use proper form to make your movements easier and prevent injury. Make sure to maintain your balance and try to keep your weight evenly distributed between both legs. You may position the chair in front of a table and place your arms on the table once standing to feel more secure and balanced.
- Begin sitting upright on a bed or chair with your hands on the armrests. If there are no armrests, place your hands on the edge of the chair.
- Scoot towards the edge of the chair and place your feet flat on the floor.
- Then lean forward so your nose is over your toes and push up into a standing position.
- To return to sitting:
- Begin standing in front of the chair or bed, so the backs of your legs are touching the seat.
- Reach back for the chair armrests.
- Slowly lower yourself to a sitting position.



### ② Seated Ankle Pumps

- Begin sitting upright with one leg straight forward
- Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.
- Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.



### ③ Seated Knee Extension

- Slowly straighten one knee so that your leg is straight out in front of you.
- Hold, and then return to starting position and repeat



### ④ Seated Gluteal Squeezes

- Begin in a seated upright position.
- Tighten the muscles in your buttocks, then relax and repeat.
- Make sure to maintain good posture during the exercise and do not hold your breath as you tighten your muscles



### ⑤ Seated Shoulder Rolls

- Begin sitting upright with your hands resting in your lap.
- Move your shoulders forward, then upward, backward, and down. Repeat, continuing to move your shoulders in a circular motion.
- Make sure to keep your back straight during the exercise.



### ⑥ Seated Shoulder Squeezes

- Begin sitting in an upright position.
- Gently squeeze your shoulder blades together, relax, and then repeat.
- Make sure to maintain good posture during the exercise.



### ⑦ Seated Biceps Curl

- Begin sitting upright.
- Bend your elbows to 90 degrees with your hands in fists and your forearms turned up towards the ceiling. Bend your elbows more to bring your hands up toward your shoulders, then lower them back down and repeat.
- Make sure to keep your back straight and do not shrug your shoulders during the exercise.



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