



Move early, Home smoothly



Before
Surgery



After
Surgery


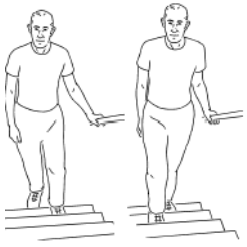
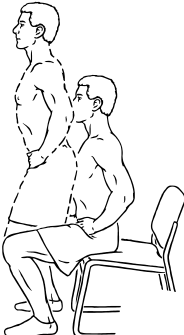

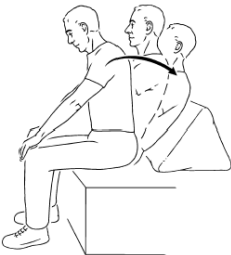

Illustration by Physiotherapist Hsiang Cheng Chia, exercises may be modified into seated position

It is recommended that you perform these exercises as advised by your physiotherapist following his/her assessment. Speak to your medical team should you require further clarification

Before Surgery



Moving early

It is important to start exercising to improve your physical fitness before surgery. This will facilitate a faster recovery after surgery and going home as soon as you are ready. Below are some examples for a home exercise programme.

<p>Walking daily</p> 	<p>Stairs climbing</p> 	<p>Sit-to-stand</p> 
<p>At least ½ hour BORG 3-5 / 10</p>	<p>At least 2 flights BORG 3-5 / 10</p>	<p>10 – 15 times 2-3 sets</p>
<p>Wall push-up</p> 	<p>Abdominal crunch</p> 	<p>Shoulder press</p> 
<p>10 – 15 times 2-3 sets</p>	<p>10 – 15times 2-3 sets</p>	<p>10 – 15 times 2-3 sets</p>

Exercises can be modified to change the level of difficulty

If time permits i.e., more than 2 weeks, your physiotherapist may prescribe other treatment and a supervised exercise programme.

Inspiratory muscle trainer 	Incentive spirometer 	Supervised exercise programme 
$\geq 30\%$ of MIP, 20mins twice a day	10 times every waking hour to set target	1-3 days weekly, < 2 hours

*MIP refers to maximal inspiratory pressure

BORG SCALE

BORG shortness of breath scale

Please grade your level of shortness of breath using this scale:

- . **0 - Nothing at all**
- . **0.5-very,very slight (just noticeable)**
- . **1 - Very light**
- . **2 - Fairly light**
- . **3 - Moderate**
- . **4 - Somewhat severe**
- . **5 - Severe (heavy)**
- . **6**
- . **7 - Very severe**
- . **8**
- . **9**
- . **10 - Very, very severe (maximal)**

After Surgery

Surgery takes a toll on your body. Activities described in this pamphlet are important to help you

- Get your body circulation going
- Keep your lungs healthy
- Get you back on your feet
- Discharge in a timely manner and return back home

As advised by your physiotherapist and healthcare team, it is safe for you to attempt these exercises.

Why do I have to walk immediately after my surgery?

Walking is the best intervention to help your recovery after surgery. We aim to start walking on the first day after surgery. It may be difficult, but completely safe. Your healthcare team will be updated of your mobility status to facilitate your movement during the admission.

Breathing exercises

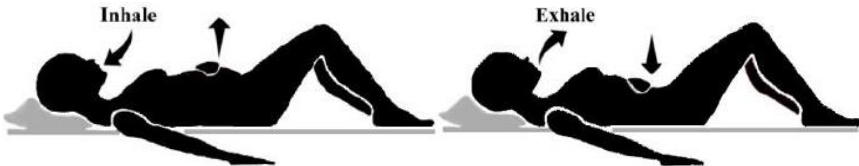
Do deep breathing exercises, 10 times every waking hour. This should start once you are awake from surgery. If you have any phlegm, please cough it out.

Normal breathing

- Breathe in normally through your nose, and let your stomach rise gently
- Breathe out in a relaxed manner, do not force the air out

Deep breathing

- Take slow and deep breaths in, over 3-5 counts to open up your chest, avoid raising your shoulders
- Gently breathe out






Coughing

If you feel any phlegm, take a deep breath and cough it out. Remember to use a towel to support your wound, and/or painkillers. This will minimise discomfort and aggravation of pain around the surgical site, and achieve an effective cough.

What else can I do after surgery?

Perform simple circulatory movements by yourself and participate in getting out of bed with your healthcare team. If you have been prescribed an incentive spirometer, continue to use it 10 times every waking hour.

		<p>Incentive spirometer</p> 
<p>10 times every waking hour</p>	<p>sitting for 1-2 hour as tolerated</p>	<p>10 times every waking hour to set target</p>

How to get out of bed after surgery?

This is completely safe to perform after surgery. Assistance will be provided as required. As available, press the control for your pain relief before moving.

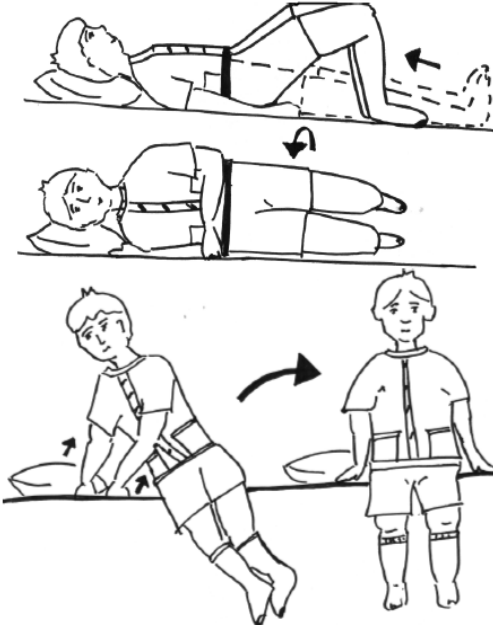


Illustration by Physiotherapist Juanita Low

To get out of bed, bend your knees and roll to the side, then push yourself up with your hands. This way of getting up in bed is less painful compared to raising the head of your bed.

Watch a video on how to do this here:



SCAN ME

<https://youtu.be/gZIYeGzrUvU>



Notes

Structure exercise programme

Please speak to your doctor/physiotherapist if you are interested in undergoing a structured exercise programme in SGH before your surgery.

The exercise programme takes place at SingHealth Tower / Outram Community Hospital, Rehabilitation Centre, Level 4.

Please come dressed in loose comfortable outfit and covered shoes for every session.

Notes
