

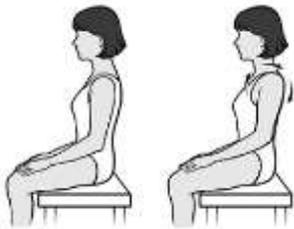
Kegels

Being able to target the muscles of your pelvic floor will be helpful in ensuring good recovery following surgery.

Lying comfortably on your back with your knees bent, imagine your pelvic floor is a diamond, pubic bone at the top, tailbone at the bottom and each sit bone on the side. On your inhale, relax the pelvic floor, on your exhale, imagine the diamond is shrinking and being pulled up to your belly button.

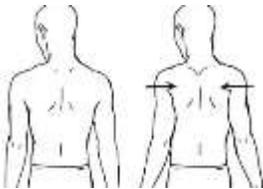
Stretches for day in bed

Shoulder Rolling



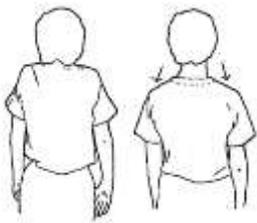
1. Gently raise your shoulders on the in-breath, rotate them back, and gently let them come down on the outbreath.
2. **Repeat, and do both forward & backward (10 times each).** Modify by making the movement larger or smaller depending on comfort.

Shoulder Blade Squeeze



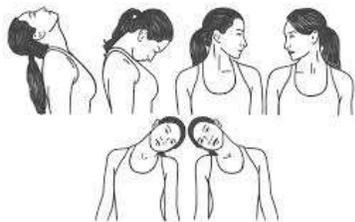
1. Roll shoulders back & squeeze shoulder blades together gently without lifting shoulders.
2. **Repeat 8-10 times.**

Shoulder Shrug



1. Shrug your shoulders straight up like you are bringing them up toward your ears. You do not want to roll your shoulders up or down, just moving straight up and down.
2. **Repeat 10 times.**

Neck Stretches



1. Gently tilt head sideways, to the front or to the back, while still looking straight ahead until stretch is felt on side, back or front of the neck.
2. You can add your arm behind your back or your hand on the top of your head, to gently guide your head further into the stretch.
3. **Repeat 10 times each direction.**

Diaphragmatic Breathing



1. In lying, place hands on your lower stomach, or place one hand on your stomach, one hand on your heart.
2. Breathe in slowly and deeply through the nose for a count of 4-5 seconds, pause briefly, and let the breath out slowly through your mouth to a count of 4-5 seconds.
3. Use this time to relax your muscles (neck, jaw, face, upper/lower body), calm your thoughts, and prepare for movement.
4. **Repeat 5 breaths every hour.**