

The exercises provided in this booklet are intended as a general exercise programme. If you require an individualised exercise programme please seek advice from a Physiotherapist.

Exercise to your tolerance and within your physical capabilities.

It is normal to have some muscle aches after completing the exercises (especially if they are new to you), but this should settle within 2-3 days. Discontinue any of the exercises if you experience pain or discomfort beyond this time frame.



Prehabilitation Home Exercise Diary



Why exercise before surgery?

It is expected that you will lose some muscle strength after your surgery. Your outcome will be improved if you exercise as much as possible before your surgery.

Benefits of exercise include:

- Shorter time in hospital
- Improved recovery
- Fewer complications after surgery
- Improved fitness, strength, and balance

There are two main types of exercise:

- **Strength/resistance** (Muscle specific exercises +/- weight)
- **Aerobic exercise for your heart and lungs** (e.g. walking, cycling)



Exercise Diary

Strength exercises)	HOW DID I FEEL? (Too easy, just right, too hard, short of breath)

Record your exercise progress in the programme provided in this booklet.

Home Exercise

Recommendations

DATE	MINUTES	TYPE OF EXERCISE (e.g. walk, bike, yoga, s

The Ministry of Health recommends:

- A minimum of 30 minutes of moderate exercise 5 x per week or a total of 2.5 hours per week.
- 2 are strengthening sessions per week

Moderate exercise = Slight increase in heart rate and breath, but you can still talk while exercising.

Useful Tips

Try some of these tips to increase your overall activity levels.

- Park the car further away. This allows you to get in some extra steps.
- Complete an exercise before every meal. This ensures you exercise at least x3 a day. Exercise needs to become part of your normal routine.
- Exercise with another person or in a group. This makes it more fun.
- Find an activity you enjoy
e.g. walking, dancing, aqua jogging



Home Exer

Home Exercises

DATE	MINUTES	TYPE OF EXERCISE (e.g. walk, bike, yoga, s

Here are some exercises to do at home. Pick 3-4 at a time. Select a different group of exercises each time to help work all areas of your body and to keep it interesting.

Aim to do 10–15 at a time and repeat during the day as able.

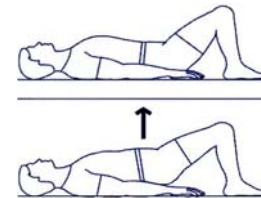
Make sure you exercise safely and within your limits.

Lying & Seated Exercises:



Heel Slides

Lie on your back with a plastic bag under your foot. Slide your heel along the bed towards your bottom. Lower back down and repeat on the other side.



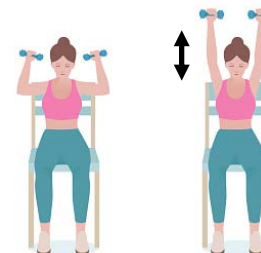
Bridge

Lie on your back, knees bent feet flat on bed. Lift your bottom off the bed, then lower your bottom back down.



Knee Extension—Seated

Sit on a chair. Slowly straighten out your knee/kick your leg out in front of you. Slowly lower down and repeat on the other side.



Overhead press—Seated

Sit on a chair. Put your arms out sideways with your elbows in line with your shoulders. Reach your arms straight up and over your head.

Hold some weights (e.g. a tin of beans) to make it harder.

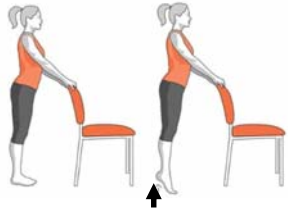
Home Exercises

Standing Exercises

Calf Raise

Stand with your feet shoulder width apart. Rise up onto your toes. Slowly lower and repeat.

Don't lean forwards. Hold onto something if you are unsteady.



Sit-to-Stand

Sit on a seat. Lean forwards to stand up. Then sit down. Try to do this without using your hands or arm rests.



Step Ups / Stair Climbing

Slowly step up and down on a step, alternating legs. Hold your handrail if you are unsteady.

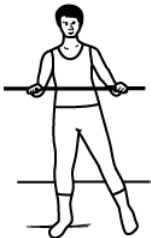
If you have multiple stairs climb up and down these.



Hip Abduction—Standing

Stand holding the kitchen bench. Lift one leg out to the side, then lower.

Keep your back straight during the exercise.



Bicep Curl—with weight

Hold a weight by your side. Bend your elbows to bring your hands toward your shoulders. Slowly lower and repeat.



Active Cycle of Breathing



After your surgery you may be required to do deep breathing exercises. These help circulate oxygen, keep your lungs healthy and clear them of phlegm (if any).

Practice this exercise in preparation for your surgery. Complete 2-3 cycles at a time regularly over the day or as directed by your Physiotherapist.

Deep Breaths x4

Take a slow, deep breath in through your nose, hold for a few seconds, and then breathe out through your mouth.



Rest



Repeat Deep Breaths x4



Rest



Huff x1-2

Take a deep breath in through your mouth, keep your mouth open wide and breathe out quickly through your mouth.

This will help loosen phlegm if you have any.



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