

# Post-Surgery Exercises and Tips for Ostomates

Gentle core exercises should begin 3-4 days after surgery. Ask your medical team about a physical and occupational therapy consult to enhance recovery. Follow the exercises and tips below to get you started!



1

## 360 Degree Breathing

### Here's how:

1. Place your hands on your belly or lower ribcage.
2. Inhale through your nose, expanding your torso, including your ribs, abdomen, sides, and back.
3. Exhale, allowing your abdomen, ribs, sides, and back to contract back to neutral.

Helps with pain management, decreases risk for pneumonia, coordinates abdominal muscles, decreases risk for hernias.

2

## Pelvic Tilt

### Here's how:

1. Lie on your back with your knees bent.
2. Place your hands in a triangle shape over your lower abdomen.
3. Tilt your pelvis back and forth, flattening your back and then creating space under your back, as if rolling a marble back and forth between your thumbs and fingers.

Strengthens low back and abdominal muscles, improves hip mobility, increases abdominal coordination.

3

## Heel Slides

### Here's how:

1. Lie on your back with your knees bent.
2. Place your hands on your lower abdomen.
3. Slide one heel away from you as you exhale. Slide your heel back in as you inhale.
4. Switch legs.

Strengthens core and abdominal muscles and helps improve stability in the body and lower torso/abdomen.

### Care Tip #1

Pre-cut 1-2 wafers to help prepare for a pouch change or an emergency change during exercise.

### Care Tip #2

HYDRATE! Prevent dehydration by drinking water before, during, and after exercise (8-10 glasses of fluids/day).

### Care Tip #3

If continuing exercise regimen, consider support garment or hernia belt. Contact your ostomy team for more information.

For more ostomy tips and tricks contact [Restorative Ostomy Solutions](#) and [OstomyRN](#). Guidance from a medical professional is strongly encouraged in your recovery.

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