

Laparoscopic Hysterectomy Advice and Exercises

After the operation

Getting comfortable

Rest is essential. You may find it comfortable to rest in this position.



When sitting place a small pillow in your lower back for added comfort. Stand tall as good posture is essential, more comfortable and it will also protect your back.

Circulation

Start this exercise immediately to ensure good circulation in your legs. Briskly circle or bend and stretch at the ankle 30 times every hour and before you get out of bed. Continue with this exercise until you are up and about.

Early Exercises

Little and often is important - start slowly and gradually build up. Stop if you feel tired or get more discomfort than usual.

Speak to your Women's Health Physiotherapist if you are unsure about exercising.

Begin with the following exercises within the first few days of your surgery. These exercises will improve your abdominal and pelvic floor muscle tone which will improve your core stability. They can also help relieve backache and trapped wind, which are very common after a hysterectomy.

Try to do the following exercises 3 – 4 times a day

Deep Abdominal Exercise



You can do this exercise in lying (on your back or side) or in sitting. Firstly let your tummy sag and breathe gently. As you breathe out, gently draw in the lower part of your stomach. Hold for a few seconds and let go.

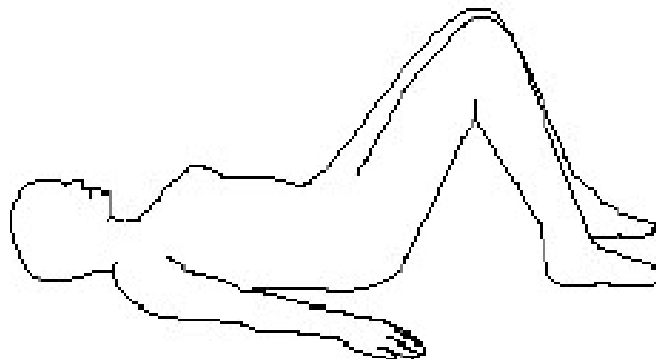
Do not move your back at any time and remember to breathe. Repeat 4 – 5 times with a few seconds rest in-between. Aim to build up to 10 seconds hold, repeat x 10.

Knee Rolling



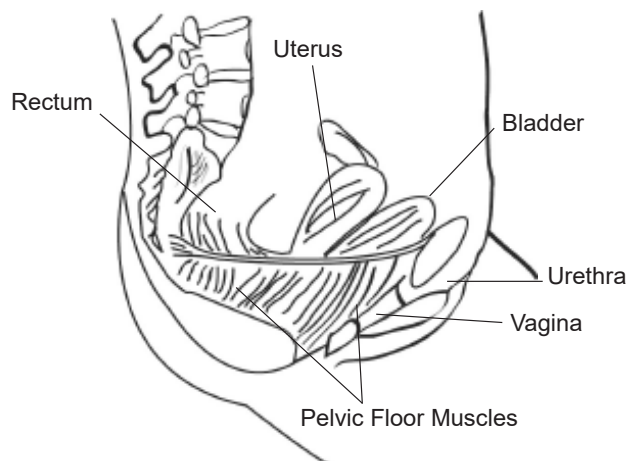
Lie on your back with your knees together and both legs bent. Slowly roll your knees from side to side, keeping your upper trunk still. Repeat 10 times to each side.

Pelvic Tilting



Lie on your back with both legs bent up and draw in the lower tummy muscles. Gently squeeze your pelvic floor and buttocks, tilt your pelvis up and flatten your back to the bed. Hold this for a maximum of 10 seconds then release. Repeat up to 10 times.

Pelvic Floor Exercises



Looking after your pelvic floor muscles is essential – following your gynaecology surgery and throughout life. Initially, exercising them could reduce discomfort and swelling. Longer term, toning up the muscles may prevent leakage from your bladder or bowel. It can also help safeguard against prolapse and may improve your sex life.

The Basic Pelvic Floor Exercise

Imagine that you are trying to stop yourself from passing wind and at the same time trying to stop your flow of urine. The feeling is one of “squeeze and lift”, closing and drawing-up the back and front passages. This is called a pelvic floor contraction.

Remember: You should start gently and stop if it hurts. Do not pull your stomach in excessively or squeeze your legs together, tighten your buttocks or hold your breath.

The Pelvic Floor Exercise Programme

Now that you can do the basic exercise you can build up the endurance of the muscles so that will work harder and longer. Firstly, you need to determine your ‘starting block’.

Tighten your pelvic floor muscles as previously described and hold for as long as you can (maximum = 10 seconds).

How many seconds can you hold for?

Relax the contraction and rest for 5 – 10 seconds. Then repeat the ‘tighten, hold and relax’ movement as many times as you can (maximum = 10)

How many times can you repeat this?

This is your ‘starting block’.

Now perform the basic exercise but squeeze and lift more firmly, and let go straight away. This is called a quick contraction and will help your muscles react quickly when you cough, sneeze or lift, etc.

How many quick contractions can you do?

Aim to increase this to a maximum of 10.

You should try to repeat your starting block and quick contractions at least 3 times a day. Your starting block will change as the muscles get stronger; therefore re-assess this every few weeks.

Progressing at Home

Rest/Pacing

While it is important to take enough rest, you should start some of your normal daily activities when you get home and slowly build up. Take rest in between activities and listen to your body.

Travelling/Driving

Getting back to driving is usually between 2-4 weeks, but this will depend on your insurance company and your ability to perform an emergency stop, your ability to twist to manoeuvre and your ability to fully concentrate.

Housework/Lifting

For this first 2 weeks you should be able to lift light loads such as a 1 litre bottle of water. You can do a lot of housework jobs in sitting i.e. preparing food, light laundry. You should not lift heavy objects, such as shopping bags, children or do any strenuous housework like vacuuming for 3-4 weeks. Whenever you lift, bend your knees, hollow your abdomen and draw up your pelvic floor muscles.

General Exercise

Walking – Start walking on the day of your return home and increase your activity levels over the first few weeks. Many women should be able to walk for 30-60 minutes after 2-3 weeks.

Swimming – Within 2-3 weeks provided any vaginal bleeding/discharge has stopped. Build up gradually to previous activity levels in 4-6 weeks. After 6 weeks providing any vaginal bleeding/discharge has stopped and any incision sites are healed. Build up gradually to previous activity levels.

High impact activities/contact sport – avoid for at least 6 weeks.

Back to Work

This will depend on the nature of your job and the number of hours you work. Some women are fit to work after 2-3 weeks, many after 4-6 weeks.

Sexual Intercourse

Allow 4-6 weeks for the scar tissue to heal. Use of extra lubrication may be helpful.

References

Fit Following Surgery: Advice and exercise following Major Gynaecological Surgery

Pelvic Obstetric and Gynaecological Physiotherapy (pogp.co.uk)

Recovering Well - Information for you after a laparoscopic hysterectomy produced by the Royal College of Obstetricians and Gynaecologists

Scan the QR code to take you to our website



<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

If you have any comments about this leaflet or the service you have received you can contact :

Therapy Team Co-ordinator
Rehabilitation Department, Calderdale Royal Hospital
Telephone (01422) 224198

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو براہ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"