Exercises After Your Surgery
(To be completed every hour)

1. **Breathing with Incentive Spirometer – 10 times**
   - Breathe in deeply to move the ball to the top.
   - Keep the ball at the top for 3 seconds.
   - Breathe out.

2. **Deep breathing exercises – 10 times**
   - Relax your shoulders. Put your hand on your stomach.
   - Breathe in while pushing out your stomach.
   - Feel your chest expanding.
   - Hold your breath for 3 seconds.
   - Breathe out slowly.

3. **Splinted cough – 3 times**
   - Position pillow tightly against your incision.
   - Cough twice in a row and rest in between.

4. **Ankle pumping – 10 times**
   - Lying on your back or sitting in a chair, bend your feet up and down.

5. **Leg slides – 5 to 10 times**
   - Lying on your back, slide legs up and down bending your knees.
   - Repeat one leg at a time, with your heel slightly off the bed.

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