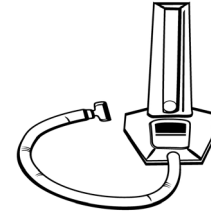


Exercises After Your Surgery

(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.



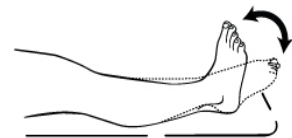
3. Splinted cough – 3 times

- Position pillow tightly against your incision.
- Cough twice in a row and rest in between.



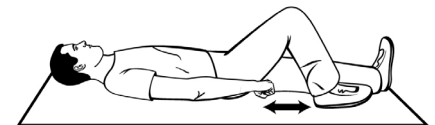
4. Ankle pumping – 10 times

- 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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