

Abdominal & core

recovery + movement
programme



me+ recovery

Helping you to recover, one step at a time

PURPLE PHASE THREE: Getting Fitter

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Abdominal & core recovery programme

Getting Fitter

If you've been working through Blue Phase 2 for some weeks and feel ready to progress, then you can move onto the movements in Purple Phase 3. You must be able to do all the movements in Phase 2 comfortably and confidently before progressing.

- You can continue to mix and match the moves from all the programmes for as long as you wish.
 - Pick the exercises which feel best for you and continue to do them when you can.
 - Think of each programme as a menu where you can pick and choose the moves that feel right for you.
 - There are a lot of exercises in this programme. You do not need to do them all. Just try to do something every day. Little and often is better than nothing at all.
- It's important to keep doing the movements to reduce your risk of parastomal hernia and also for your own wellbeing and good health. Try to do something every day.
 - Remember that everyone will progress at different rates so it's important to listen to your body and only do what you feel ready to.
 - Try to 'multi-task' the movements so you can do them whilst watching TV, waiting for the kettle to boil, when on the phone to a friend or whilst travelling or standing/sitting at your desk.

1 The Bug



- **Lie on your back** with your knees bent and arms straight above your chest.
- **Gently contract** your deep abdominal and pelvic floor muscles and maintain this contraction throughout
- **Slowly slide one leg out** along the floor (with your heel on the floor to begin with) Exhale as you do so.
- **At the same time**, lower your opposite arm above your head towards the floor/bed.
- **Pause for a moment**, Inhale as your bring your leg and arm back to the starting point. Then exhale as you slide away.
- **Keep a strong contraction** in your tummy muscles throughout and continue to breathe normally.
- **Repeat on the other side** – maintaining control of your core/tummy muscles.
- **Repeat x 10-15**
- **Do this x 2-3 times per day**

2 Straight Leg Curl Ups



- **Lie on your back** with your legs straight and toes gently pointed.
- **Gently contract** your deep abdominal and pelvic floor muscles and maintain this contraction throughout.
- **Place your hands** behind your head and slowly curl your shoulders up off the floor - just a short distance - exhale as you do so pulling your tummy in tight. Imagine a string pulling you up from your chest towards the ceiling and that you're holding peach under your chin.
- **Slowly curl** down and repeat.
- **Try to avoid** any bulging of your tummy and keep your tummy muscles engaged throughout. Keep the movement very small and controlled.
- **Repeat x 10 (building up to 20)**
- **Do this x 2-3 per day**

3 Superman



- **Start** on your hands and knees.
- **Gently contract** your deep abdominal and pelvic floor muscles and maintain this contraction throughout.
- **Slowly slide** out BOTH your arm and the opposite leg at the same time.
- **Straighten and lift** your arm and leg until they are both just lifted off the floor.
- **Keep very stable** without any wobbles or side to side movements. Imagine you have a tray of glasses on your back and you don't want it to move. Keep your pelvis very stable throughout.
- **Work hard** to keep your balance and good core engagement.
- **Slowly return** to 'hands and knees' position without losing control.
- **Swap and repeat** on the other side.
- **Repeat x 10 (build up to 15-20)**
- **Do this x 2-3 per day**

4 Standing Leg Lifts



- **Stand close** to chair or support.
- **Gently contract** your deep abdominal and pelvic floor muscles and maintain this contraction throughout.
- **Slowly lift one leg** out behind you- only lift a small way - and squeeze your bottom muscles.
- **Keep your trunk** and upper body upright and steady.
- **Squeeze your bottom** muscles tight and lift your leg in tiny 'pulsing' movements.
- **Repeat x 5-10**
- **Repeat x 2 on each side**
- **Do this x 2-3 per day**

To vary this move, you can lift your leg to the side or back on the diagonal to work different areas of your bottom and hip muscles.

5 Arms Over



- **Lie on your back** with your knees bent.
- **Gently contract** your deep abdominal and pelvic floor muscles and maintain this contraction throughout.
- **Start with** your hands on the floor by your sides.
- **Exhale** and lift both arms from the floor, over your chest and above your head towards the floor. Only go as far as comfortable.
- **Maintain control** and don't allow your low back to curve/lift and try to avoid your ribs lifting.
- **Slowly return** your arms to the starting position.
- **Breathe** normally throughout.
- **Repeat x 5-10 (building up to 20)**
- **Do this x 2-3 per day**
- **You can make this more challenging by holding small weights in your hands**

6 Squat



- **Stand** with your feet hip distance apart and knees pointing forwards.
- **Lower yourself** into a squat position - imagine you're sitting back into a chair.
- Keep your heels on the floor and your knees in alignment over your toes.
- Try to keep your shins close to vertical.
- Allow your arms to lift in front of you as you squat for balance. Keep your head up, shoulders relaxed and eyes looking forward.
- Hold for a moment at the bottom of the squat.
- Then push back up to standing using the strong muscles of your legs and glutes
- **Repeat x 5-10 (build up to 20)**
- **Do this 2-3 times per day**

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|---------------|--|
| FASTER | Works your heart and lungs as a fitness exercise |
| SLOWER | Works your legs more as a strength exercise |

7 Side Bride



- **Lie on your side** with your bottom leg bent at 90 degrees, and your top leg extended straight.
- **Have your elbow** directly under your shoulder.
- **Make sure** you have good alignment – so your knees, hips and shoulders are all lined up.
- **Gently contract** your deep abdominal and pelvic floor muscles and maintain this contraction throughout.
- **Very gently lift** your hips from the floor a small amount – use your opposite hand to push up if needed. You should feel the muscles in the side of your waist (closest to the floor) and hip working. If you don't feel strong enough, then simply lower back down and try again in a few weeks.
- **If you feel strong enough**, then push up so your hips are off the floor. Keep everything in a straight line.
- **Hold this position** for only 5-10 seconds to start with. Keep breathing. Build up the length of time you hold the position for - up to 30 seconds. Keep breathing and make sure you stay in good alignment.
- **Lower back** down and repeat.
- **Make sure** you breath normally and keep core engagement.
- **Repeat x 2-3 on each side**
- **Do this 2-3 times per day**

WELL DONE FOR COMPLETING PHASE 3 BUT REMEMBER RECOVERY IS ONGOING. GOOD LUCK.

Safe Moving



Watch our video at www.convatec.co.uk/meplus on how to get in and out of bed safely.

Reminder from Phase 1 - Safe Moving

Sit on the side of your bed and slowly lower yourself down sideways using your arm for support. Then slowly bring your legs up to the bed one by one. Lower yourself down so you're lying on your side, then roll over onto your back.

YOUR RECOVERY

These movements are appropriate for anyone who has just had major abdominal surgery.

They form a very important part of your early recovery after stoma surgery and everyone is advised to do them.

Do them very gently and listen to your body carefully. If you experience pain or an unexpected response then stop the movement and speak to your nurse or surgeon.

If your wounds have not healed properly or you have an infection, then please do not commence this programme and speak to your surgeon or nurse about when you should start.

There are a number of movements in this programme; some of which you can do lying in bed (or on the floor at home), others are done

sitting in your chair or standing up.

Make sure you're safe and not at risk of falling when you do the movements and that your chair or bed is secure.

SAFE MOVING

After abdominal surgery it's very important to get in and out of bed in a safe way to avoid straining your abdominal area. Try to avoid 'sitting up' using your abdomen. Instead roll onto your side and push up sideways to a sitting position. To lie back down, lower yourself onto your side and then roll onto your back.

If you're getting up from and down onto the floor, try a similar technique and use a chair for support.

WATCH THE INSTRUCTIONAL VIDEOS FOR THESE MOVES AT www.convatec.co.uk/meplus

Your core muscles are very important, they support your spine and internal organs and are involved in every movement that you do. Your 'core' is made up of abdominal muscles, but also muscles in your back and pelvic floor. Think of your 'core' as your inbuilt support.

During abdominal surgery your muscles become weak and damaged, so it's very important to begin to gently strengthen them as soon as you can after surgery. This will help your recovery, posture and confidence as well as reducing your risk of developing complications due to inactivity.

PLEASE NOTE: This programme has been developed in conjunction with nurses, physiotherapists, surgeons and stoma patients. All the movements are appropriate for someone who has had major abdominal surgery. If you have any questions about any of the movements, please speak to your nurse, surgeon, GP or physiotherapist. Always listen to your body and proceed with care. If you have any pain, discomfort or an unusual or unexpected response when doing the movements then please stop and seek medical advice.

You have completed all three phases of the me+™ recovery programme - well done and keep the movement going. This is not the end of your recovery journey, the me+™ Specialist advisors are always at the end of the phone and please visit our me+™ website for more support and advice.

me+™ is a dedicated **FREE** support programme designed specifically for people living with a stoma. Whether you are just about to have surgery or have had your stoma for many years there is help and advice at hand to support you wherever you are on your journey.

MEMBER BENEFITS

Your support team

- Specialist stoma nurse help-line
- Experienced counsellors
- An expert team of product specialists and advisors

Support for daily living

- Free Radar Key and Can't Wait Card
- me+™ Recovery activity and movement programme
- me+™ Community – hear from others living with a stoma
- A whole host of lifestyle advice and support delivered on-line and in booklets you can keep to hand.

JOIN TODAY!

It only takes a few minutes, enrol by calling the me+™ member help-line on:

UK Mainland
0800 467 866

ROI
1800 721 721

Or enrol on-line at:

UK Mainland
www.convatec.co.uk/meplus

ROI
www.convatec.ie/meplus

Further Support



We are Colostomy UK. Here if you have questions, need support or just want to talk to someone who lives with a stoma.

info@ColostomyUK.org • Tel: 0118 939 1537
24/7 Helpline: 0800 328 4257 • www.ColostomyUK.org



The Ileostomy & internal pouch
Support Group
Listen • Inform • Support

Living with an ileostomy or caring for someone who is? Got a question or looking for support? Give IA (ileostomy & internal pouch Support Group) a call today.

info@iasupport.org
Tel: 0800 0184 724 • www.iasupport.org



The Urostomy Association provides information and support to people with urostomy, their family and carers.

info@urostomyassociation.org.uk
Tel: 01386 430140 • www.urostomyassociation.org.uk

Reach out whenever you need insights, ideas or just someone to listen.

For more information visit **UK: www.convatec.co.uk/meplus ROI: www.convatec.ie/meplus**

Or call: **UK: 0800 467 866 ROI: 1800 721 721**

Freephone Nurse Advisor Line **UK: 0800 085 2516 ROI: 1800 818988**

Our friendly Stoma Care Nurse Advisor is just a phone call away

ACPGBI accreditation and Bord Altranais CEU points

