




me+
recovery

Core Progress





The information in this handbook is not intended to provide medical advice. You should speak with your health care professional before engaging in physical activity following ostomy surgery. In the event you experience unexpected pain or discomfort, adjust your approach and contact your health care professional.

Contents

Introduction

05

- What to expect
- How to use this booklet
- Before you continue

Core Progress

08

- Continuing your rehabilitaiton

Tracking progress

10

Progressing from here

11

- What's next?
- We'd love your feedback



**“Progress is progress,
no matter how small.”**

Introduction

You're now entering the final stage of the me+recovery program – **Core Progress**.

This phase builds on everything you've learned in Core Basics and Core Movement.

Core Progress sets you up to successfully progress beyond me+recovery with daily exercise and activities.

Only begin Core Progress if:

- You've mastered earlier exercises
- You can confidently engage your deep core muscles
- You feel ready to move forward

What to expect

- A set of more **advanced exercises**
- Focus on **core strength, flexibility, and overall function**
- Support for a confident return to daily life

How to use this booklet

- Watch **video demonstrations** of each movement
- Follow at **your own pace**
- Choose the exercises that **suit your needs**
- Integrate them into **daily activities**
- **Little and often** with **plenty of variety** is best

You can always revisit earlier stages as needed.

When you see a purple box, scan the QR code to be taken to the video or resource



Scan the QR code to watch Sarah introduce this next phase of the me+recovery program



TOP TIP



Pick the exercises that suit you



Build them into daily routines



Do **little, often**—and keep variety in your movements



Focus on control, not speed

Before you continue

Your safety is our top priority.

- Master Core Basics and Core Movement, then move onto Core Progress
- Move at your own pace and listen to your body – it's the wisest guide you have
- Use supports or aids if recommended
- If you feel mild unexpected pain or discomfort, adjust your approach or try a different exercise
- If you have concerns, consult your healthcare provider

With consistency and care, this stage will help you achieve long-term strength, confidence, and wellbeing with your ostomy.



At Convatec, we believe that healing is not just physical—it's also about feeling supported, understood, and connected. This program is designed to strengthen not only your body, but also the relationships and resources that help you thrive.



“Recovery isn’t the end of your journey — it’s the beginning of your strength.”



Core Progress

Continuing your rehabilitation

As you move forward in the me+recovery program, these stoma-friendly exercises help further develop your core strength, stability, and control.



SWIMMING ARMS - ALL FOURS

- Focuses on shoulder stability and core activation
- Strengthens around the shoulder blades post-abdominal surgery



STRAIGHT LEG CURL UP - INTRODUCTION TO CORE PROGRESS

- A stoma-friendly sit-up to help manage intra-abdominal pressure
- Builds core awareness and control



EASY SIDE PLANK

- A simple and gentle start to core and shoulder strengthening
- Great for early confidence and control



DOUBLE TABLETOP 90/90 LEGS - INTRODUCTION

- Learn the correct way to enter the tabletop position
- Ostomy-safe technique for progressing your rehab
- Master this before moving on to the next exercises



SINGLE KNEE WINDOW WIPER - IN DOUBLE TABLETOP

- Builds on the tabletop position
- Introduces controlled core rotation
- Progress gradually and mind your technique



SINGLE KNEE WINDOW WIPER - ON THE FLOOR

- A step up in challenge
- Engages the core through gentle rotational movement



SCISSORS - IN DOUBLE TABLETOP

- A challenging move for deep core strength
- Breathe steadily and build up slowly



"Strength grows step by step."

Tracking progress

Use an **exercise log** to:

- Record what you've done each day
- Note how your body feels after each session
- Spot patterns in your recovery

Logging your activity helps you stay consistent and motivated.



Keeping track of your progress helps you stay focused—and also strengthens the ties between your efforts, your goals, and the support around you.



Progressing from here

By now, you should feel well on the road to recovery — and that's something to be proud of!

Congratulations for following the **me+recovery** program and taking control of your health and wellbeing.

You should be feeling:

- More confident
- Stronger and fitter
- More mobile
- Healthier
- In control of your recovery



Your journey is unique, but you're never alone. We're here to help you build **healthy bonds** — with your body, your care team, and a community that understands.

What's next?

- Keep up the **great habits** you've built
- Continue using the **me+recovery** exercises to maintain:
 - Core control
 - Abdominal strength
 - Overall mobility and stability
- Progress to more challenging exercises
- Begin exploring more ways to **stay active, get fitter, and support lifelong health**

We'd love your feedback

- Tell us what you think of the me+recovery program
- Help us improve future resources for others on the same journey



Every recovery is different

Go at your own pace and listen to your body

Need support?

Speak to your healthcare team if you have any concerns or contact the Convatec me+ team.



me+ recovery

me+recovery is part of the me+ personalized support program from Convatec, your ostomy journey companion. me+ empowers people with an ostomy through tailored education, practical and emotional guidance, and meaningful community connection.