

Facts:

- The following exercises and stretches are recommended for people three months post surgery.
- Current evidence supports the recommendation of exercise during treatment. Positive effects on aspects of psychological well-being can also be achieved.
- Physical activity can reduce the probability of several major chronic diseases such as; coronary heart disease, stroke, diabetes mellitus, osteoporosis, obesity and some cancers.
- Eating a healthy balanced diet as part of an active lifestyle enhances the health benefits which are provided by physical activity.



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Post Surgery
Gynaecological
Cancer Rehabilitation
Exercises

Pelvic Floor Exercises and Stretches

- For every exercise and stretch we recommend you do it ten times with a one minute break in between each exercise and stretch. Then repeat.
- Alongside these, cardiovascular fitness is strongly recommended for twenty minutes two/three times per week.
- After cancer therapy people continue to experience the effects of treatments. However, exercise is an effective way to help recover physical function, manage fatigue, improve quality of life and mental health, and control body weight.
- The exercises and stretches will be demonstrated by
Cancer Rehabilitation Health and Fitness
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1. Glute Bridge

Lie face up, with your knees bent and feet flat on the floor.

Lift your hips off the ground until your knees, hips and shoulders form a straight line. This position should be held for a few seconds before going back to starting position.



2. Bird Dog

Begin on all fours with your hands directly under your shoulders and your knees directly under our hips. Stretch your right arm out in front of you and hold for a moment, then extend your left leg out behind you. Do this and then switch to extend your opposite leg and arm out.



3. Plank

Put forearms directly underneath shoulders and keep on your toes. Your body should form a straight line, hold your position for 20-30 seconds then rest.



4. Semi Crunch

Lie on your back with your knees bent and keep feet flat on the floor. Place hands flat on legs and move up with upper half of your body, sliding your legs from your thigh towards your knee and then back down again.



5. Child's pose

Begin by getting your body into the pose shown with knees and head on the floor. Then extend your arms in front of you, hold for a few seconds then sit back up and repeat this.



6. Cobra

Begin with your forearms resting on the floor along with the lower half of your body. Proceed to move from your forearms to the palm of your hands holding your upper body up. Hold this position for a few seconds.

