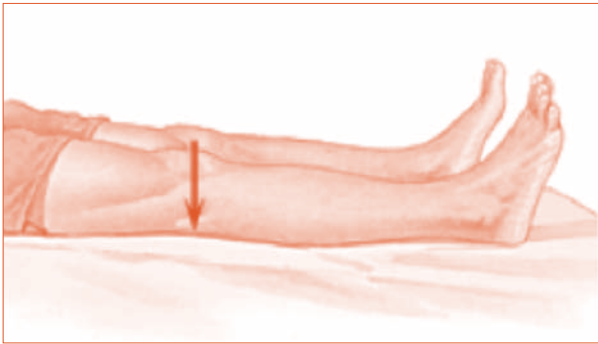


2. Quadriceps Sets

- Tighten the muscles at the front of your thigh as you press the back of your knee down toward the bed.
- Hold for 3 seconds then relax.
- Repeat this 5 to 10 times.



Finally, the most effective way to prevent chest problems is to be up and walking around as soon as possible.

For this reason you will find the nurses will start getting you up and taking you for short walks very early on in your recovery.

POINTS TO REMEMBER...

- Do your breathing and leg exercise often, at least once an hour when you are awake.
- Sit upright in bed to assist chest expansion.
- Do not cross your legs as this affects the blood flow in your legs.

BREATHING & LEG EXERCISES FOLLOWING SURGERY

Information for Patients



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The following information is a guide to your care while in hospital. Your care may vary depending on your surgery and surgeon's instructions.

Breathing and Leg Exercises following Surgery

Anyone may develop chest problems following surgery due to:

- The effects of surgery
- The effects of anaesthetics
- Lying flat in bed
- Pain from surgery, making breathing and coughing difficult
- These effects are worse in people who have been recent smokers or those with existing lung conditions
- To decrease the chance of these problems occurring it is important that you do breathing and leg exercises following surgery

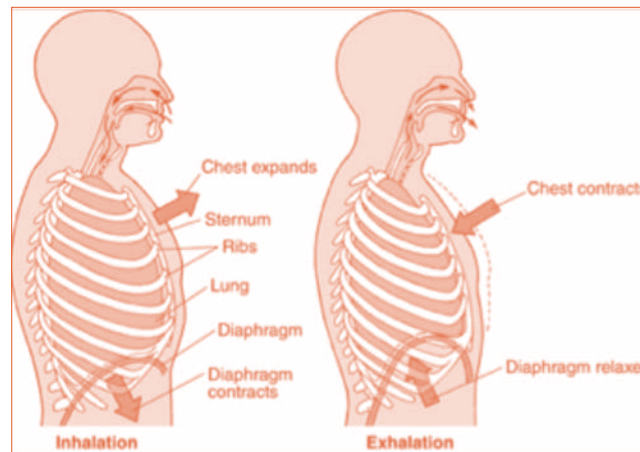
Exercises you should do after your surgery:

Breathing Exercises

1. Diaphragmatic Breathing

Sit or stand in a comfortable position with your back straight.

- Place your hand on your abdomen
- Take a slow deep breath in through your nose
- Slowly breathe out through your mouth with your lips pursed
- Repeat 4-5 times. Rest and repeat



2. Huffing

This is a good exercise for clearing phlegm.

- Before huffing, coughing or sneezing, support your stitches by placing your hands, a pillow or a rolled towel over the wound. This will lessen the discomfort
- Take a normal sized breath in, then breathe out forcefully through an open mouth as though you were fogging up glass
- This may stimulate a cough which also aids in clearance of secretions

Leg Exercises

1. Ankle Pumps

- Do ankle pumps by pointing and flexing your feet.
- Repeat this five to ten times.

