Exercises After Your Hysterectomy

The muscles of your stomach and lower back can become weak from surgery and resting in bed. The exercises on this handout can help strengthen your muscles to make your recovery easier. They will also help your posture after surgery.

Check with your doctor about when you should start these exercises after your surgery.

- Do the exercises each day.
- Repeat each exercise 10 times.
- Be sure to breathe while you exercise. Holding your breath can raise your blood pressure and put more of a workload on your heart.

- Chin Tuck
  
  Sit up on the side of your bed or in a chair.
  Relax with your arms down by your sides.
  Looking straight ahead, pull your chin back like you are trying to make a double chin. You will feel your head move back.
  Hold for 5-10 seconds.
  Relax and repeat.

Do these next 4 exercises while lying in your bed or on a mat on the floor. Bend your knees up and keep your feet flat.

- Upper back and shoulder stretch
  
  Bring your hands above your head and rest with your palms up.
  Press your arms back into the bed or mat and hold for 5-10 seconds.
  Relax and repeat.
Pelvic Tilt

Place your hands on your stomach or place one hand under your lower back and rest the other hand on your stomach.

Gently tighten the muscles of your stomach and buttocks to pull your lower back down. You should feel your hip bones or pelvis roll backwards.

Hold for 5 seconds.

Relax and repeat.

Head Sit-Up

Cross your arms over your abdomen.

Gently pull your stomach muscles together with your hands.

Take a deep breath and as you exhale, lift your head, trying to touch your chin to your chest.

Hold for 3-5 seconds and then slowly rest your head back down.

Relax and repeat.

Pelvic Floor or Kegel Exercise

Take in a deep breath and tighten the muscles around your vagina like you are stopping your urine flow.

Hold for 5 seconds and then relax and repeat.

For the best results, this exercise should be done 4 or 5 times each day.
Stomach Strengthening

This exercise is done with you on your hands and knees. You may also do this exercise with your knees on a small pillow in front of a chair while you rest your arms on the chair.

Take in a deep breath.

Without moving the rest of your body, tighten your stomach muscles as you slowly exhale.

Hold for 5 seconds.

Relax and repeat.