TOOMARI SURGERY
ADVANCED MINIMALLY INVASIVE SURGERY

CORE STRETCHING GUIDE — FOR A HEALTHIER, STRONGER YOU

IMPORTANT GUIDELINES

Stretching can improve flexibility, reduce muscle tension, and support comfortable movement. This guide covers stretches for the abdominal muscles, obliques, hamstrings, and quadriceps. It is for general flexibility and mobility and does not replace advice or rehabilitation prescribed by your surgeon or physical therapist.

- Move slowly and with control.
- Breathe normally; do not hold your breath.
- You should feel gentle tension, not sharp pain. Never bounce or force a stretch.
- After recent abdominal surgery, a hernia repair, or another significant medical condition, get clearance from your surgeon or physical therapist first.
- Stop if you have pain, dizziness, numbness, tingling, or worsening symptoms.

HOW OFTEN SHOULD I STRETCH?

About 10–15 minutes per session, 4–6 days per week, as tolerated.

- Warm up with 3–5 minutes of gentle walking.
- Hold each stretch 20–30 seconds.
- Repeat 2–3 times per side when applicable.
- Stretch to gentle tension, never sharp pain.
- Progress gradually; consistency matters more than intensity.

Stretching is most comfortable after a light warm-up or at the end of exercise.

TIPS FOR SUCCESS

- Choose a comfortable, nonslip surface.
- Wear clothing that allows free movement.
- Keep your breathing steady.
- Don’t force a particular range of motion.
- Use a wall, chair, cushion, or strap for support.
- If a stretch keeps causing symptoms, stop and ask your provider or physical therapist about alternatives.

WHEN SHOULD I SEEK EVALUATION?

Contact your healthcare provider or surgeon if you notice:

- Persistent or worsening pain.
- New abdominal bulging or a change in a known hernia.
- Numbness, tingling, or weakness.
- Difficulty with everyday activities or reduced mobility.
- Symptoms that persist despite modifying your routine.

URGENT: Sudden severe abdominal pain, vomiting with a painful bulge, or a bulge that is firm, tender, or can’t be pushed back in needs urgent medical evaluation.

REMEMBER

Stretching is one part of a healthy movement program. It works best alongside appropriate strengthening, good movement habits, and regular activity.

If you are recovering from abdominal surgery or hernia repair, follow your surgeon’s specific restrictions and return-to-activity instructions.

For personalized guidance, consult your surgeon or physical therapist.

Patient education only. This guide does not replace an individualized medical evaluation or your surgeon’s instructions.

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1 CHILD'S POSE — ABDOMINAL & BACK



1. Kneel on a mat, knees slightly apart, big toes touching.
2. Sit your hips back toward your heels as tolerated.
3. Extend your arms forward and lower your chest toward the floor.
4. Relax your shoulders and breathe deeply. Keep it gentle; do not force your abdomen or hips.

Hold 20–30 sec · Repeat 2–3 times

Modification: Place a pillow under your chest or hips, or widen your knees. Avoid if kneeling causes pain or your surgeon has restricted it.

2 STANDING SIDE STRETCH — OBLIQUES



1. Stand with feet hip-width apart, knees relaxed.
2. Raise one arm overhead and gently lean toward the opposite side.
3. Keep hips facing forward; avoid twisting or bending forward.
4. Breathe normally, then return and switch sides.

Hold 20–30 sec · Repeat 2–3 times per side

Tip: Keep it comfortable and controlled. Do not force the stretch through your lower back.

3 SUPINE HAMSTRING — STRAP OR TOWEL

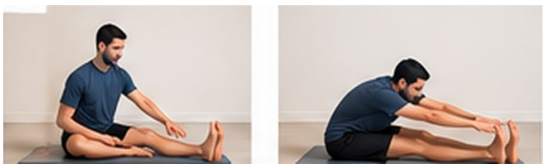


1. Lie on your back, one knee bent with foot on the floor, other leg extended.
2. Loop a towel or strap around the ball or arch of the extended foot.
3. Slowly raise the leg toward the ceiling, knee as straight as comfortable.
4. Stop at a gentle stretch behind the thigh. Keep your pelvis relaxed; do not pull forcefully.

Hold 20–30 sec · Repeat 2–3 times per side

Modification: Keep the knee slightly bent if you feel tension behind the knee or cannot straighten the leg.

4 SEATED HAMSTRING STRETCH



1. Sit with one leg extended and the other knee bent, sole near the inner thigh.
2. Sit tall, then hinge forward gently from your hips.
3. Reach toward the extended leg only as far as comfortable, back relatively straight; no bouncing.
4. Return upright slowly.

Hold 20–30 sec · Repeat 2–3 times per side

Modification: Sit on a folded towel or cushion, or loop a strap around the foot if reaching is difficult.

5 STANDING QUADRICEPS STRETCH

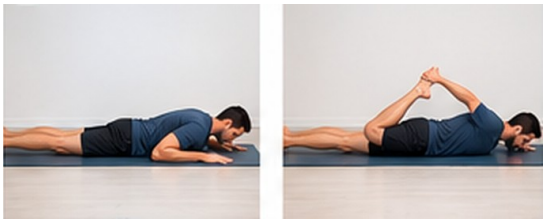


1. Stand upright near a wall or stable chair for balance.
2. Bend one knee, heel toward buttock, and hold your ankle or the top of your foot.
3. Keep knees close together and hips facing forward; avoid arching your lower back.
4. Gently bring your heel closer until you feel a stretch, then release and switch.

Hold 20–30 sec · Repeat 2–3 times per side

Modification: Use a strap around your ankle if you can't reach your foot, and keep a hand on a stable support.

6 PRONE QUADRICEPS STRETCH



1. Lie on your stomach on a mat (if uncomfortable, use the standing stretch).
2. Bend one knee, reach back, and hold your ankle or foot.
3. Gently guide your heel closer for a mild stretch; keep hips on the mat, no arching.
4. Release slowly and switch sides.

Hold 20–30 sec · Repeat 2–3 times per side

Modification: Use a strap if reaching is difficult. Skip if lying on your stomach is uncomfortable or conflicts with your postoperative restrictions.

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