TOOMARI SURGERY
ADVANCED MINIMALLY INVASIVE SURGERY

Safe Exercises After Hernia Surgery

Congratulations on your recovery!
This handout provides safe, gentle exercises to help restore your core strength, posture, and flexibility after your inguinal hernia repair. These movements are designed to support your healing **without increasing pressure in your abdomen**.

> **Do not perform any exercises that cause pain, strain, or bulging in your abdomen.**
> **Do not hold your breath during movement. Always exhale with effort.**

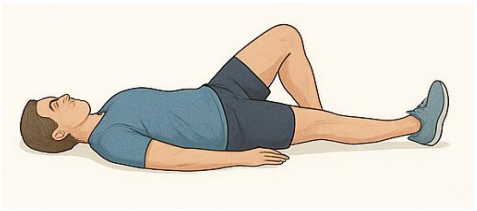
WEEK 0–2: Early Recovery

Goals: Gentle movement, breathing, circulation. Avoid straining or pressure.

- **Diaphragmatic Breathing**
  Lie on your back. Place one hand on your chest and one on your belly. Breathe in through your nose so your belly rises (not your chest).
  Slowly exhale through your mouth.
  ➤ *5–10 reps, 3–4 times a day*

- **Pelvic Tilt (Back Flattening)**
  Lie with knees bent and feet flat. Tighten your lower belly to press your back into the floor.
  ➤ *Hold for 5 seconds. Repeat 10 reps, 2x/day*

- **Heel Slides**
  Slide one heel toward your buttocks and return while keeping your belly relaxed.
  ➤ *10–12 reps per leg*



- **Ankle Pumps or Seated Marching**
  While seated, move your feet up and down or gently march in place.
  ➤ *Improves circulation and prevents stiffness*

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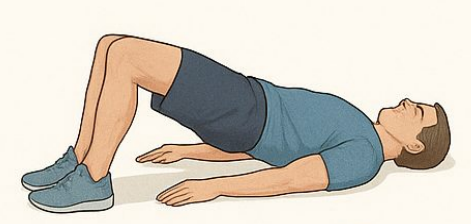
WEEK 2–8: Building Core Awareness

Goals: Improve posture, core control, and mobility — without pressure.

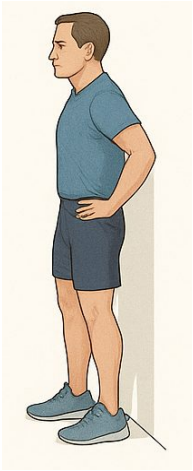


- **Knee Fallouts**
  While lying on your back, allow one knee to slowly drop to the side, then return. Keep your pelvis still and core engaged.
  ➤ *10 reps per side*



- **Bridge Exercise**

Lie on your back with knees bent. Gently raise your hips by squeezing your glutes. Avoid arching your back.
➤ *Hold 5 seconds, repeat 10 times*



- **Wall Angels**
  Stand against a wall with your back and arms in contact. Slowly raise and lower your arms like making a snow angel.
  ➤ *Great for posture and shoulder mobility*



- **Cat-Cow Stretch (Seated or All-Fours)**

Gently round and arch your back with your breath.
➤ *Improves spinal mobility and posture*



- **Bird Dog (Modified)**
  On hands and knees, extend one arm or one leg at a time. Keep your belly firm and avoid any bulging.
  ➤ *Builds balance and core stability*

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AFTER 8 WEEKS

Goals: Gentle strength, balance, and functional movement.



- **Dead Bug (Modified)**
  Lie on your back with arms and legs raised.
  Slowly lower one arm or leg at a time, keeping your back flat.
  ➤ *Strengthens deep core muscles safely*

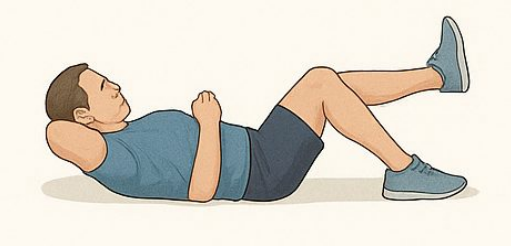
- **Side-Lying Clamshells**
  Lie on your side with knees bent.
  Lift the top knee slightly while keeping feet together.
  ➤ *Builds hip and pelvic stability*



- **Standing Weight Shifts**
  Stand upright and slowly shift your weight side to side.
  ➤ *Improves balance and control*

- **Wall Sits (Short Holds)**
  Lean back against a wall and slide into a partial squat.
  Keep your belly relaxed and breathe.
  ➤ *Hold for a few seconds, then rise. Repeat if comfortable.*

⚠ What to Avoid During First 8 Weeks



- Sit-ups, crunches, or leg lifts
- Twisting or bending exercises
- Heavy lifting or straining
- Holding your breath during effort
- Any motion causing **pain** or **visible abdominal bulging**

❓ Questions?

We are here to help guide your recovery. If you feel discomfort or are unsure whether an exercise is safe, please contact us.

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