

Exercises Following Groin Dissection

Patient information

Being physically active and exercising regularly is important for your physical health, your emotional wellbeing and your quality of life. Try to be active most days of the week – every day if you can manage. In the beginning, start slowly and listen to your body.

It is important to be mindful of your surgical site and move within the recommendations of your healthcare team. The aim is to reap the benefits of exercise without incurring injury.

It is natural for your skin and muscles to feel tight after surgery. Gradual introduction to specific exercises will help prevent stiffness and will improve your movement.

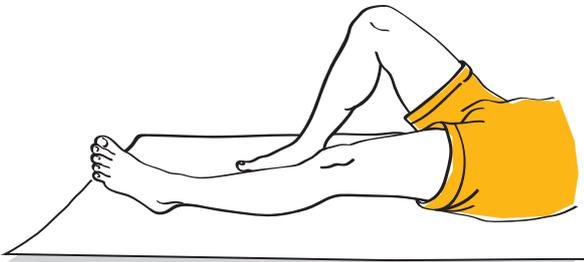
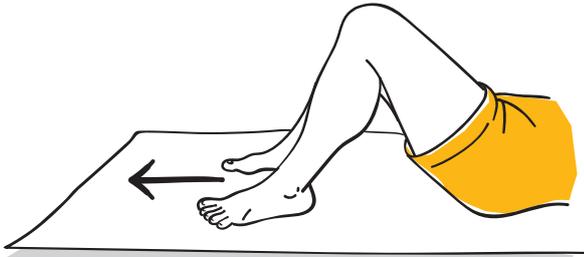
These exercises are designed so that you can perform them at home. The frequency and duration of the exercises are individualised for you by your physiotherapist, and this decision will be made based on the extent of your surgery, possible complications and your fitness level. All movements should be performed within your comfort levels. This is to ensure that you do not place unnecessary tension on your new surgical incision site and increase leakage from your wound or drain site. If you experience strong pain, cease the exercises and notify your health care professional at your next appointment.

Early exercises (when drains are still in)

Exercises can be performed for 10–20 repetitions, 3–4 times per day.

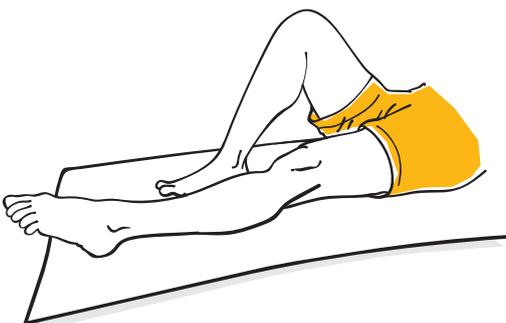
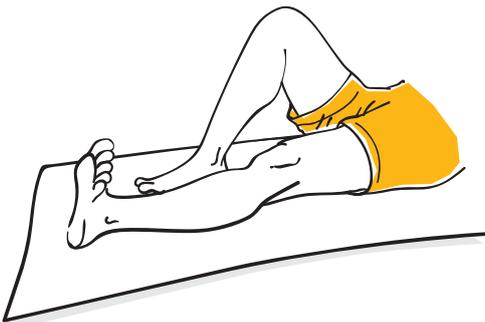
1. Knee bend/straighten

Start lying on your back with both knees bent, heels resting on the bed. Slide your foot along the bed to straighten your knee, then return to the starting position.



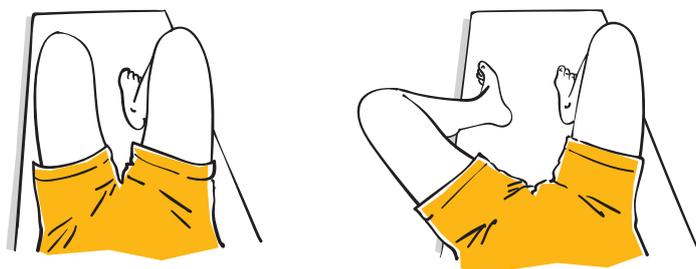
2. Ankle up/down

Keeping your leg rested on the bed, move your ankle by pulling the toes back towards you, and then pointing them down to the ground.



3. Hip rotation

Keeping your heels on the bed and knees bent, **gently** roll your affected hip out to the side, then return it to the starting position.



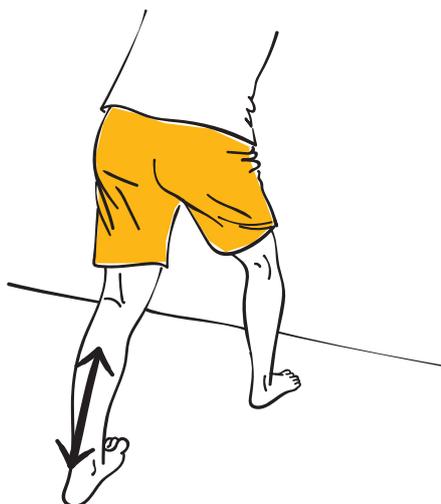
Advanced exercises (after drains have been removed)

The exercises should be slowly progressed to an advanced level once your drains have been removed. It is expected that you will regain normal hip movement and gait around 6 weeks after removal of drains. You may still feel stiff in your movement so these exercises may need to be continued.

Please note that these exercises are to be used as a guide only. Aim for 3 x 10 seconds of gentle stretch, 3 times per day.

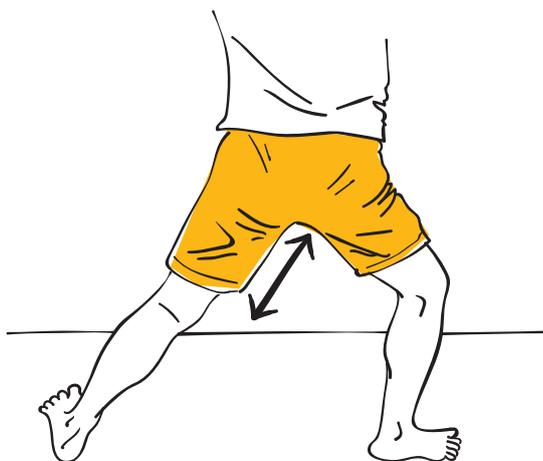
4. Calf lift

Stand facing the wall. Place your hands on the wall to steady yourself. Keeping your heel on the ground, slide the affected foot backwards until you can feel a stretch below the back of the knee and lower leg.



5. Stretch for inside part of thigh

Stand facing the wall. Place your hands on the wall to steady yourself. Standing with your legs apart, lunge towards the unaffected side until a gentle pull is felt on the inside of your affected thigh.

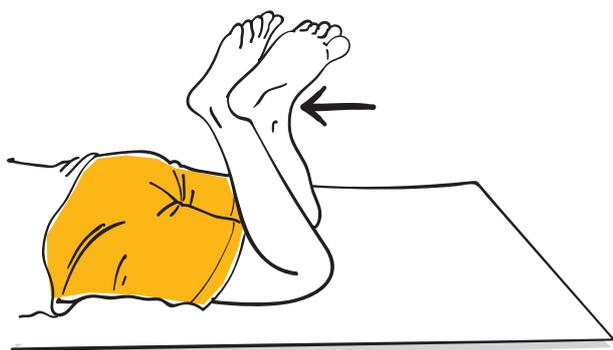


If you are unsure about your exercises, please ask to speak to a physiotherapist or your treating health professional.

6. Stretch for front of thigh

Only perform this stretch if you can lie on your stomach comfortably and your wounds are healed and fully closed.

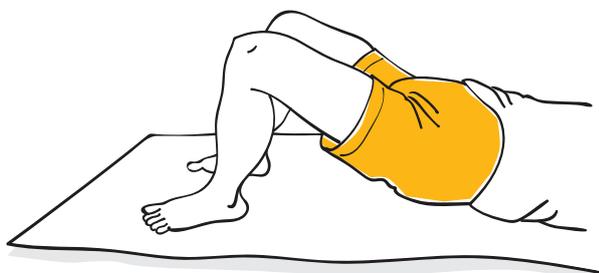
Bend both knees. Use the unaffected foot to gently increase the knee bend on the affected leg. A stretch should be felt at the front of the affected thigh. Aim for 3 x 10 seconds of gentle stretch, 3 times per day.



7. Bridging – Lifting bottom

Keeping knees bent and heel rested on the ground, gently lift up your bottom a few centimetres to strengthen your buttock. Return to starting position by lowering your bottom slowly. Aim for 5–10 repetitions, three times per day.

If you feel a cramp at the back of your leg, please discontinue the exercise until review by your physiotherapist.



Strengthening exercises may also be appropriate once full range has been achieved. Please speak to your physiotherapist or health professional for further progression of exercises.

Your referrer's details:

Please note: The information in this brochure is of a general nature and should not replace the advice of healthcare professionals. All care has been taken to ensure the information presented here is accurate at the time of publishing (July 2021).