

Pre-surgery considerations for PT consultation

1. If you are constipated prior to surgery, PT can help to reduce your potential post surgical constipation.
2. If you are in pain prior to surgery, PT can help you understand why you are in pain and help you reduce pre-surgery pain, so you have a better post surgery recovery.
3. If you have a history of abdominal surgeries, PT can help reduce your current tissue adhesions that promote better post surgical functional outcomes and reduce the amount of post surgical pain.

Post-surgery consideration for PT consultation

1. Your surgeon will notify you of when you can start pelvic health physical therapy post surgery. Typically, patients will be instructed to wait 6 weeks before beginning therapeutic exercises for rehabilitation.
2. If you are experiencing more than usual pain post surgery, ask your surgeon when it's safe to begin PT for pain management. This therapy can be very gentle and will help reduce pain using non-invasive methods for reducing swelling and promote tissue healing. Therapeutic exercises for stabilization and strength training will be withheld until you have been cleared by your surgeon.
3. If you are constipated after surgery and you have tried all of the suggested methods outlined in your post surgical aftercare, let your surgeon know. You may be a good candidate to start pelvic health PT for improving your constipation.

Deep Vein Thrombosis (DVT): A DVT is also known as a blot clot. Anyone can sustain a DVT and getting one is a serious matter.

Most common risk factors for a DVT:

Hospitalization
Surgery
Physical Trauma

Other risk factors include:

Smokers
Past history of DVTs
Family history of DVTs
Use of estrogen from hormone replacement therapy
Use of estrogen based birth control
Deconditioned physical health and multiple comorbidities
Those who are bed/wheelchair bound
Those over the age of 55

Signs & Symptoms of a DVT:

Pain not caused by the surgery
Swelling of a body part
Redness/discoloration of the skin
Excessive warmth to the tissues

Signs & Symptoms of a Pulmonary Embolism:

Coughing up blood
Difficulty breathing
Fast heart beats or irregular heart beats
Chest pain associated with breathing that worsening when lying down.

How to prevent a DVT post-surgically:

Avoid smoking
Stay hydrated
Do not sit with your legs crossed.
Know the signs & symptoms of a DVT.
Take a leisurely walk every 2-3 hours.
If bedbound/wheelchair bound, elevate your legs above your heart and do ankle pumps/circles.
Work on diaphragmatic breathing (see the PT page for instruction).
Notify your surgeon immediately if you suspect you have a DVT.
Improve your physical health prior to having surgery.
Work with a physical therapist prior to surgery to reduce your risk.

*Please visit www.stopthecлот.org for more specific details related to blood clot awareness.