

Patient advice sheet

Pre- surgery exercise advice

This will reduce the size of your liver to ensure the operation can be done by keyhole/laparoscopic surgery. If your liver is too large it will be very difficult for the Surgeon to perform the operation safely. It may be necessary for the operation to be abandoned, or you will have to have an open operation, increasing the risks of surgery and delaying your recovery.

Prehabilitation advice

Our healthy lifestyle team is working together with our medical professionals, exercise specialists, dieticians and physiotherapists to bring you the most professional, effective and up-to-date evidenced-based advice programme of support before your surgery.

Our aim is to address all your medical and lifestyle issues before surgery, as we know this will improve your likelihood of successful surgery.

You have been given this exercise programme of recommended activities, together with an exercise diary as you have been identified as someone who will benefit from these activities.

If you have other mobility issues, e.g. cardiac and respiratory issues, read the leaflet carefully, and please discuss these suggested exercises with our team or your physiotherapist individually.

Please log your activity in the exercise diary you may have been given. You may also be asked to report your progress to our Enhanced Recovery Nurses on a weekly basis.

Enhanced Recovery Nurse

Phone Number

email address

The Exercise Plan

This will contain 2 or 3 elements, depending upon your surgery.

1. Use a pedometer to count your daily steps. We advise you walk 10,000 steps every day. However, wherever you start, please log your steps accurately every day in the diary, and work up towards this goal before you come in for surgery.

2. Exercises from our physiotherapy team are designed to improve your muscle strength and aid your post op mobility. Generally we advise you to repeat these exercises x 10 repetitions, and 1-3 times daily. Then when you are ready progress to using a theraband or light weight.

3. Using the above, or another activity everyday please ensure you get out of breath with your exertion. If you are not used to this, you will be advised how to exert yourself safely using the Borg scale of exertion. On a daily basis please aim your exercise to be 'somewhat hard' which is 12-14 on the breathing scale (see page 6).

When you are exercising it is normal to feel:

- Slightly sweaty
- Warm or slightly flushed
- You are breathing deeper and faster, but can still talk
- Your heart is beating faster.

However, you should slow down and make the movements smaller if:

- Your breathing is uncomfortable
- You feel excessively tired or are sweating a lot
- Your perceived exertion score is higher than recommended

You should also STOP, SITDOWN, and do not resume any other exercise that day if:

- You feel dizzy
- You feel chest pain
- Your heart beat becomes very irregular

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Prehab exercises – sitting down

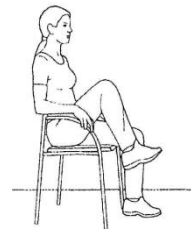


bend the knee as far as comfortable

Repeat 5 – 10 times

Lift your leg up off the seat keeping the knee bent, return to starting position

Repeat 5 – 10 times

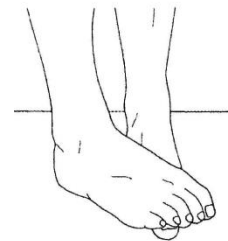


Bend your head forward until you feel a stretch behind your neck. Hold for approx 5 seconds. Then tilt your head backwards and feel the stretch, hold for 5 seconds

Repeat 5 times

point your ankle towards the floor then towards the ceiling.

Repeat 5 – 10 times



Prehab exercises – sitting

stand up and sit down slowly on a chair (this can be made easier by using your arms to push up off the chair)

Repeat 5 – 10 times

straighten your knee and lift your leg off the ground in front of you as comfort allows.

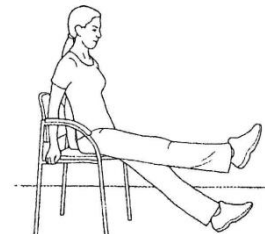
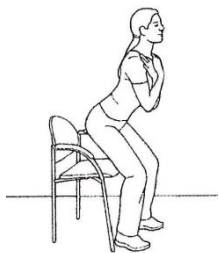
Repeat 5 – 10 times

pull your toes up, tighten your thigh muscle and straighten your knee, hold for approx 5 seconds and slowly relax your leg to the floor

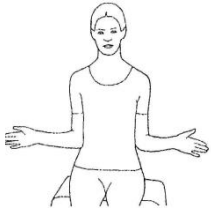
Repeat 5 – 10 times

whilst sitting and facing forward, tilt your head towards one shoulder until you feel the stretch on the opposite side, hold for 5 seconds, repeat to other side.

Repeat 5 times



Prehab exercises – sitting or standing



sit or stand, keep upper arms close to the sides and elbows at right angles. Turn forearms outwards then return.

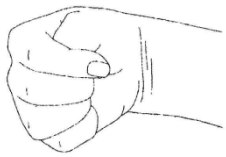
Repeat 5 times

sit or stand, lift your arm up letting the thumb lead the way beside and above your head, repeat this with other arm.

Repeat 5 times



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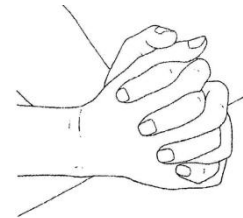


fully bend your wrist forwards then backwards hold for 5 seconds in each direction

Repeat 5 times

clasp your hands together, bend your wrist up and down slowly

Repeat 5 times



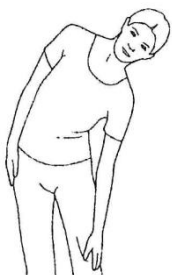
Prehab exercises – standing

stand, bend your elbow and then straighten your elbow.

Repeat 5 times

stand in front of a chair holding on with both hands. Slowly crouch keeping to where comfortable, keeping feet firmly on the floor then return to standing.

Repeat 5 – 10 times



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bend sideways at the waist, then repeat to other side.

Repeat 5 times

holding on to back of chair (if needed) and march on the spot.

Repeat 10 – 20 times



Prehab exercises:



At the foot of the stairs step up leading with your good leg and down with your bad leg remember moderate pace with control, hold on if required

Repeat 10 – 20 times

You can lie on the bed, lie on your back with legs straight. bend your ankles (foot upwards) and push your knees down firmly against the bed. Hold 5 for seconds and relax

Repeat 5 – 10 times



Stand holding onto a chair, lift your leg out to the side

Repeat 5 times

Stand in front of a chair holding on with both hands. Bring your right leg behind you while keeping your other knee straight; repeat with left leg behind.

Repeat 5 – 10 times

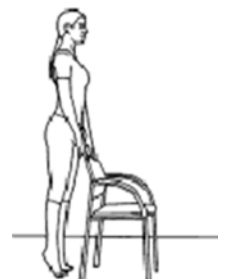


Stand holding onto a wall or a chair for support lift your knee up to your waist and back down

Repeat 5 times

Holding on to back of chair (if needed) lift your heels off the floor

Repeat 10 – 15 times



Borg Scale of Exertion

If you have a heart or lung condition please use this scale to judge your perceived exertion. It helps check you are exercising at a level that is both safe and effective for you. We advise you aim to get out of breath during your exercise which is described as 'somewhat hard' Score 12-14, but still feels ok to continue.

How to describe your exertion	Score
No exertion at all – no aches, fatigue, or breathlessness	6 - 7
Extremely light	7.5 - 8
Very light – e.g. Taking a short walk at your own pace	9 – 10
Light	11
SOMEWHAT HARD	12 - 14
Hard/heavy – it is hard and tiring, but continuing is not terribly difficult	15 - 16
Very Hard – very strenuous, you really have to push yourself and you are very tired	17 - 18
Extremely Hard	19
Maximum exertion	20

Further support

Organisation	Contact
Live Well, Stay Well	www.livewellstaywellbucks.co.uk
Stop Smoking	Bucks smoke free support service 0845 2707 222
How much is too much	Alcohol assessment information www.haga.co.uk/dontbottleitup/
Love your Liver	www.britishlivertrust.org.uk
British Red Cross	Home from hospital service Buckinghamshire 01296 739303

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net