



TAROLA PLASTIC SURGERY

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Abdominal Wall Reconstruction Exercises

These exercises will begin after Dr. Tarola has cleared you, usually after 6 weeks post-operatively. If you have any questions, please contact Dr. Tarola. **STOP immediately if you feel any significant discomfort during these exercises and contact our office.**

Always remember to stay well hydrated and listen to your body. It will tell you if you are doing much better. It is okay to slowly push forward but remember: **no heavy lifting, pushing, or pulling until cleared by Dr. Tarola.**

Exercise 1: Static Stomach Contraction

- Sit on a chair with your back straight, feet flat on the floor, with good posture.
- Pull belly button in toward spine and hold for 5-10 seconds, and then relax.
- Take a deep breath while holding the contraction of your stomach muscles.
- Always remember to breathe.
- Repeat exercise 10 times.

Exercise 2: Sitting Alternating Knee Raise

- Sit on chair with your back straight, feet flat on the floor, with good posture.
- Pull belly button in toward spine.
- Lift alternating knees up one at a time and hold the top position for 3 seconds.
- Always remember to breathe.
- Repeat exercise 10 times.

Exercise 3: Standing Stretches

- Stand upright with your feet shoulder width apart, hands on hips.
- Bend forward at the waist, then to the right, then to the left, then backward.
- Hold each pose for 3-5 seconds.
- Always remember to breathe.
- Repeat exercise 10 times.

Exercise 4: Standing Twists

- Stand upright with your arms out, chest high, elbows bent.
- Pull belly button in toward spine with shoulder width apart.
- Twist at waist toward right and hold for 3 seconds, then left and hold for three seconds.
- Always remember to breathe.
- Repeat exercise 10 times.

Exercise 5: Standing Reach

- Stand upright with your feet at shoulder width apart and hands on hips.
- Pull belly button in toward spine.
- Reach for the ceiling as high and as straight as possible.
- Always remember to breathe.
- Repeat exercise 10 times.