



## **NAFSI ASANAS FOR HYSTERECTOMY RECOVERY**

July 2013

### **Supine Postures (soon after surgery):**

You can start with easy turns of the head along with wrist and arm movements followed by foot and ankle rotations (be careful lifting your legs the first time).

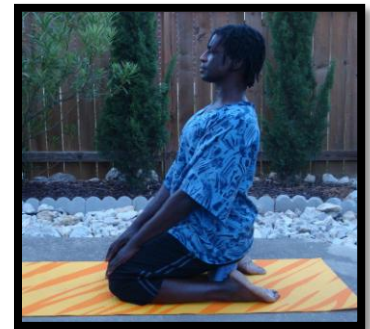
- Carefully bend your knees and with your feet flat take the knees carefully to the left and right to relieve low back pressure.

\*Do not push too hard to do too much while still at hospital (or when you get home!)

### **At Home:**

Start very slowly moving into the postures. Be aware of the incision points and do not take any posture that places a strain or induces pain.

- Hero's Pose: This pose will help stretch your thighs. If you feel much tightness, consider leaning slightly forward a bit as well as sitting on either a pillow/bolster/blocks. Raising the hips higher than the knees will take pressure off that area; with time, you will be able to sit with your hips on the floor, in-between your heels.



- Corpse Pose: Lying flat, introduce a small tilt of the pelvis by placing a pillow under your lower back. You can also work it under your hips to slowly tilt the pelvis in the other direction.



A bolster under the hips



A bolster under the lower back (opens chest)

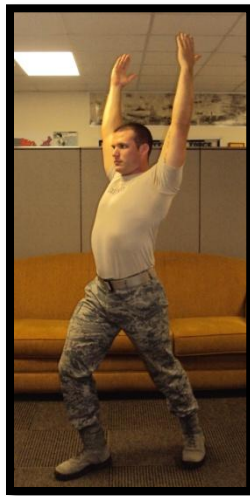
- **Legs-Up-The-Wall:** once you can tilt your pelvis to a measured degree, you will be able to work your way into this posture. A pillow/bolster can be used under the hips with this posture (your choice). Also, the legs can be draped over a chair with a small blanket under the hips.



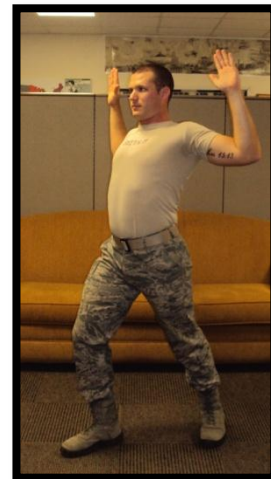
**Warrior Posture:** Stretching your legs can be done while in a standing pose called “Warrior One” Keep the stance short at first, but maintain your chest/pelvis orientation towards the ‘front’ – extending your hands up and doing ‘cactus arms’ can open your upper body tremendously.



1



2



3

Variations of “Warrior 1”

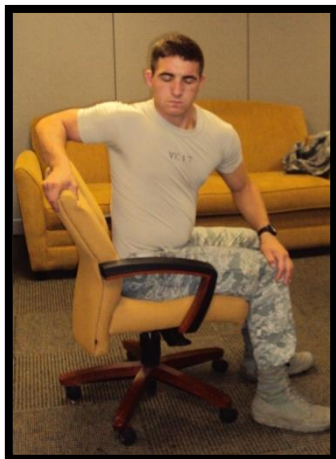
1. Hands on hips, short stance slight bend in front leg
2. Same on lower body but hands raised, chest up
3. Same on lower body, ‘cactus arms’ (this really expands the chest)

### **Front Stretching:**

- Sitting in a chair, you can do a chest opener that will also stretch your lower abdominals (be careful with this!)—stretching the scar tissue will be beneficial, just be cautious with how far you go.



- Cobra Pose: While on the floor, a light (baby) Cobra pose can be done; start by lifting your head and just begin to introduce a backbend. Gradually, place more pressure on your hands as you lift your head and chest off the floor and increase the angle of the backbend.
- Easy Seated Twist: These can be done either from a chair or seated on your mat. Take the twists (always do both sides) very easy at first and keep your shoulders level and spine erect.



\*Healing typically takes time- do not rush it! And pay attention to and heed all information from your Doctor on recovery efforts!