

TABLE 3. ABDOMINAL EXERCISES

Start all abdominal exercises by lying with your head on a pillow, knees bent and feet flat on the bed.

1. Abdominal exercise

Gently place your hands on your lower tummy. Breathe in through your nose and, as you breathe out, gently pull your tummy button down towards your spine. Feel the muscles tighten, try to hold for a count of 3 and then relax. Breathe in and out normally.

2. Pelvic tilting

Place your hands in the hollow of your back. Tighten your tummy muscles (as exercise 1), flatten your lower back onto your hands and tilt your bottom. Breathe normally. Hold for 3 seconds and release gently.

3. Knee rolling

Tighten your tummy muscles (as exercise 1) and gently lower both knees to one side as far as is comfortable. Bring them back to the middle and relax. Repeat to the other side. This exercise has the added benefit of releasing trapped wind.

Aim to do each of these exercises five times, three times a day. Do more repetitions as you feel able.

Source: Oxford Radcliffes Hospitals, 2013

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