

This leaflet contains information and general advice about self-care and exercise for before and after your operation.

As surgery to remove a sarcoma could involve almost any part of the body, it is difficult to give an exact explanation of what the rehabilitation may include, but below are some general exercise ideas that will prepare you in advance of your surgery.

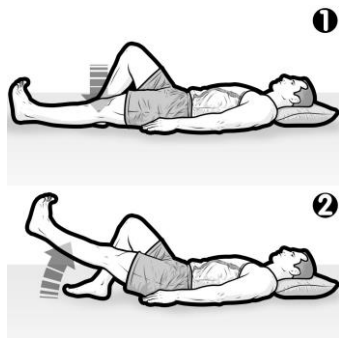
Exercise

Exercise is recommended because:

- It promotes strength
- Improves movement
- Reduces pain/stiffness
- Reduces swelling
- Build exercise tolerance
- Maintains life activities

Exercise releases chemicals like endorphins and serotonin that improve your mood and mental health. It can also get you out in the world, help to reduce any feelings of loneliness and isolation, and put you in touch with other people.

It is important to think about your physical activity more generally. NHS guidelines recommend that adults between 19–64 should do 150 minutes per week of moderate aerobic activity (cycling, brisk walking, step ups etc) and strength exercises on 2 or more days every week. Here are a few examples on exercises you could try prior to your surgery:



1
Straight leg raise

Lie on your back with one leg bent and the other straight. Contract the thigh muscles of your straight leg by pressing the back of your knee down towards the floor and raise your leg until your ankle is in line with your bent knee. Pause briefly then slowly lower your leg down again. Relax then repeat. Complete 10 times on each leg. If this is easy hold for longer and do more.



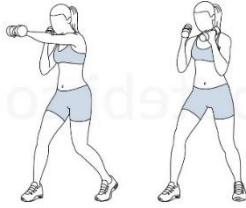
2
Mini-squat

With your feet a shoulder-width apart, squat down, ensuring your knees glide over your second toes. Complete 10 times. Hold onto a chair for support if you feel unbalanced. If this is too easy try it on one leg.



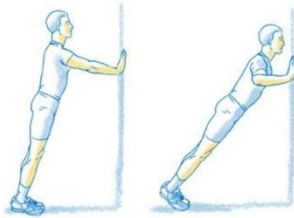
Single leg stand

Practise standing on one leg – you may want to consider using a chair to balance with if this is difficult. If you choose to make this more difficult then close your eyes or practise going up and down on your tip-toes. Hold for as long as possible and complete 3 times. Practise on both legs.



Air punches

With a clenched fist bend and straighten your elbows out in front of you. To make harder consider holding a weight (tin of beans) and punch out to the sides or above your head also. Complete for 1 minute.



Press ups

Depending on your ability this can be completed against a wall, on your knees or toes. With your hands at shoulder level bend and straighten your elbows. Complete 10 times.

Smokers are more likely to develop chest infections and blood clots after an operation and are more likely to develop wound healing complications. Consider cutting back or stopping smoking before your surgery. If you drink alcohol, try to keep within the guidelines (14units per week).

Eating well before your surgery can help you build up strength and energy, and help you prepare for your treatment and recovery.

The NHS Eatwell Guide suggests that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids (6 to 8 glasses a day)

If you have any concerns about your rehabilitation, please contact the plastics physiotherapy department (01792703980). For further information about sarcoma rehabilitation, you can look at the following: <https://sarcoma.org.uk/about-sarcoma/rehabilitation>.