

Mae'r daflen hon yn cynnwys gwybodaeth a chyngor cyffredinol am hunanofal ac ymarfer corff cyn ac ar ôl eich llawdriniaeth.

Gan y gallai llawdriniaeth i dynnu sarcoma ymdrin ag unrhyw ran o'r corff, mae'n anodd rhoi esboniad trylwyr o beth all yr adfer ei gynnwys, ond isod mae syniadau ymarfer corff cyffredinol a fydd yn eich paratoi chi o flaen eich llawdriniaeth.

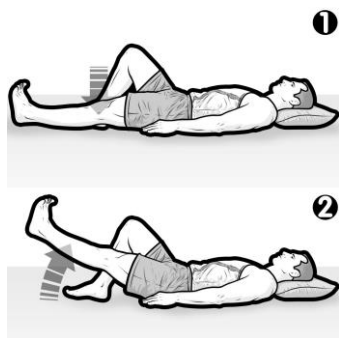
Ymarfer Corff

Argymhellir ymarfer corff achos mae'n:

- hyrwyddo cryfder
- gwella symudiad
- lleihau poen/anhyblygedd
- lleihau chwyddo
- adeiladu ar oddefgarwch ymarfer corff
- cynnal gweithgareddau bywyd.

Mae ymarfer corff yn rhyddhau cemegau fel endorffinau a serotonin sy'n gwella eich hwyliau a'ch iechyd meddwl. Hefyd, gall e wneud i chi fynd allan, helpu i leihau teimladau o unigrwydd ac ynysu, ac eich cysylltu â phobl eraill.

Mae'n bwysig meddwl am eich gweithgarwch corfforol yn fwy cyffredinol. Mae canllawiau GIG yn argymhell y dylai oedolion rhwng 19-64 oed wneud 150 munud o weithgarwch aerobig cymedrol (sef seiclo, cerdded bywiog, stepio ac ati) ac ymarferion cryfder yr wythnos ar o leiaf 2 ddiwrnod bob wythnos. Dyma rai enghreifftiau o ymarferion corff y gallech chi roi cynnig arnynt cyn eich llawdriniaeth:



1

Codi'r goes yn syth

Gorweddwch ar eich cefn, gydag un goes wedi'i phlygu, a'r llall yn syth.

Tynnwch gyhyrau morddwyd y goes syth gan wthio ar gefn eich pen-glin i lawr tua'r llawr, a chodwch eich coes nes bod eich pigwrn yn yr un llinell â'ch pen-glin wedi'i blygu. Gorffwyswch am ychydig, ac yna gostyngwch eich coes i lawr eto. Ymlaciwch ac yna ailadroddwch.

Gwnewch hyn 10 gwaith i bob coes. Os mae hyn yn hawdd, daliwch

eich coes yn hirach, a gwnewch fwy.



Sgwat bach

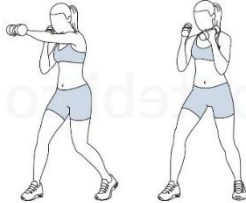
Sefwch gyda'ch traed yn yr un llinell â'ch ysgwyddau, sgwatiwch i lawr gan sicrhau bod eich pen-gliniau ychydig o flaen ail fys eich traed. Gwnewch hyn 10 gwaith. Cyffyrddwch â chadair am gymorth os ydych chi'n colli'ch cydbwysedd.

Os mae hyn yn rhy hawdd, ceisiwch ei wneud ar un goes.



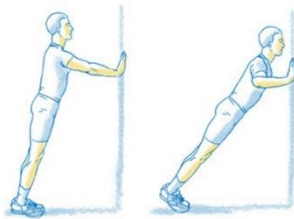
Sefyll ar un goes

Ymarferwch sefyll ar un goes – efallai byddwch chi eisiau ystyried defnyddio cadair er cydbwysedd os yw hyn yn anodd. Os ydych chi'n dewis gwneud hyn yn fwy anodd, yna caewch eich llygaid neu ymarferwch symud i fyny ac i lawr ar flaenau'ch traed. Daliwch hyn cyhyd ag sy'n bosibl, a gwnewch hyn 3 gwaith. Ymarferwch hyn ar ddwy goes.



Bwrw'r awyr

Wrth gau eich dyrnau, plygwch ac estynnwch eich penelinau o'ch blaen. I wneud hyn yn fwy anodd, beth am ddal rhywbeth trymach (fel tun o ffa) a bwrwch allan i'r ochr neu uwch eich pen hefyd. Gwnewch hyn am 1 funud.



Ymwthiadau

Yn dibynnu ar eich gallu, gallwch chi wneud hyn yn erbyn wal, ar eich pen-gliniau, neu ar fysedd eich traed. Gyda'ch dwylo yn yr yn llinell a'ch ysgwyddau, plygwch ac estynnwch eich penelinau. Gwnewch hyn 10 gwaith.

Mae ysmygwyr yn fwy tebygol o ddatblygu haint ar y frest a tholchen yn dilyn llawdriniaeth, ac yn fwy tebygol o ddatblygu cymhlethdod wrth i glais wella. Ystyriwch leihau neu stopio ysmegu cyn eich llawdriniaeth. Os ydych chi'n yfed alcohol, ceisiwch ddilyn y canllawiau (sef 14 uned yr wythnos).

Gall bwyta'n dda cyn eich llawdriniaeth eich helpu chi i adeiladu cryfder ac egni, a'ch helpu chi i baratoi ar gyfer eich triniaeth a'ch adfer.

Er mwyn cael deiet iachus a chytbwys, mae Canllaw y GIG ar gyfer Bwyta'n Dda yn awgrymu y dylid pobl ceisio:

- bwyta o leiaf 5 darn o ffrwythau a llysiau bob dydd
- prydau bwyd â bwydydd sy'n uwch mewn ffeibr a startsh, fel tatws, pasta neu fara
- cynnyrch llaeth neu gynnyrch eraill (fel diodydd soya)
- bwyta ffa, ffacbys, pysgod, wyau, cig a phrotein eraill
- dewis olewau a menyn heb eu trwytho, a'u bwyta fesul ychydig
- yfed diogen o hylifau (6 i 8 gwydraid y dydd)

Os oes gennych chi unrhyw bryderon am eich adfer, cysylltwch â'r Adran Ffisiotherapi ar gyfer Plastigau (01792703980). Am wybodaeth bellach am adfer sarcoma, gallwch ddarllen y canlynol: <https://sarcoma.org.uk/about-sarcoma/rehabilitation>.



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.

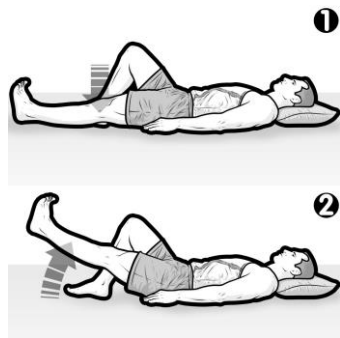
Exercise

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



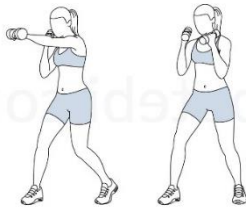
Mini-squat

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.



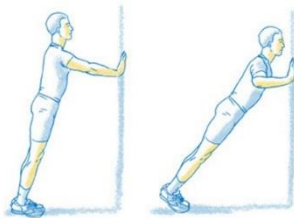
Single leg stand

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>.