

POST-OP PUDENDAL NERVE RELEASE GUIDELINES FOR PHYSICAL ACTIVITY

The following are some general guidelines to assist you through the post-operative weeks.

In general, we would like you to slowly increase your activity levels without placing too much strain on the surgery site as it heals. Everyone heals at a different rate and everyone has a different tolerance for pain. These guidelines are for all patients. It is important to listen to your body and do what is best for you.

0 – 3 WEEKS AFTER SURGERY:

Walking: We encourage you to walk as much as you would like. Often 4-5 short walks (1-10 min) are more comfortable than one long walk (20-30min) daily. You don't necessarily have to walk outside; walking around the house is fine. AVOID hills

Sitting: AVOID sitting directly on the incision for long periods of time
It is OK to side sit, lie on either side, kneel or lie on your back if that is comfortable.
When you kneel, drop down with the operated leg first.
Do not cross your operated leg over the other in sitting.

Getting Dressed:
Don't bend forward or pull knee to chest >100 degrees. This means don't bend over to put on shoes and socks. Use slip-on, flip-flops or have someone help you with shoes.
Pants/Shorts: put operated leg in first
NO SQUATING

Stairs: Go up and down stairs one step at a time, not step over step.
Upstairs: lead with the unoperated leg
Downstairs: lead with the operated leg
It may help to remember the following phrase when deciding which leg leads. "the good go up (to Heaven) and the bad goes down"

Exercise and Stretch:
Start the attached gentle exercises. You may stretch the UNoperated leg as much as you'd like.

3 – 8 WEEKS AFTER SURGERY:

During this time frame, progress is extremely variable between patients. Continue to listen to your body and do what is best for you.

- Walking:** Continue to increase walking as much as tolerated. Avoid steep hills.
Continue to take stairs 1 step at a time.
NO hiking, bike riding or strong stretching of the operated leg even if you feel great. It could potentially damage your surgery. (We add this because some patients have tried it!)
- Sitting:** You can slowly advance the following as tolerated (this means NO strong increase in pain)
Sitting on the surgery site – it will be more comfortable to use a cushion
Bending forward to dress
- Exercise:** OK to swim when cleared by your doctor (incision must be healed) -
Water walking, active leg motion, and small flutter kicks are fine. NO breast stroke

8 WEEKS ON:

Begin Physical Therapy. Your therapist will appropriately progress your exercises.
Take stairs normally if comfortable. Start with smaller steps.
Progress sitting as tolerated.
OK to resume intercourse if desired. Be aware your pelvic floor muscles may still be very tight. If this is a problem, discuss it with your P.T.

Remember that these are only guidelines. Please contact Dr. Hibner's office or your physical therapist if you have questions and concerns.