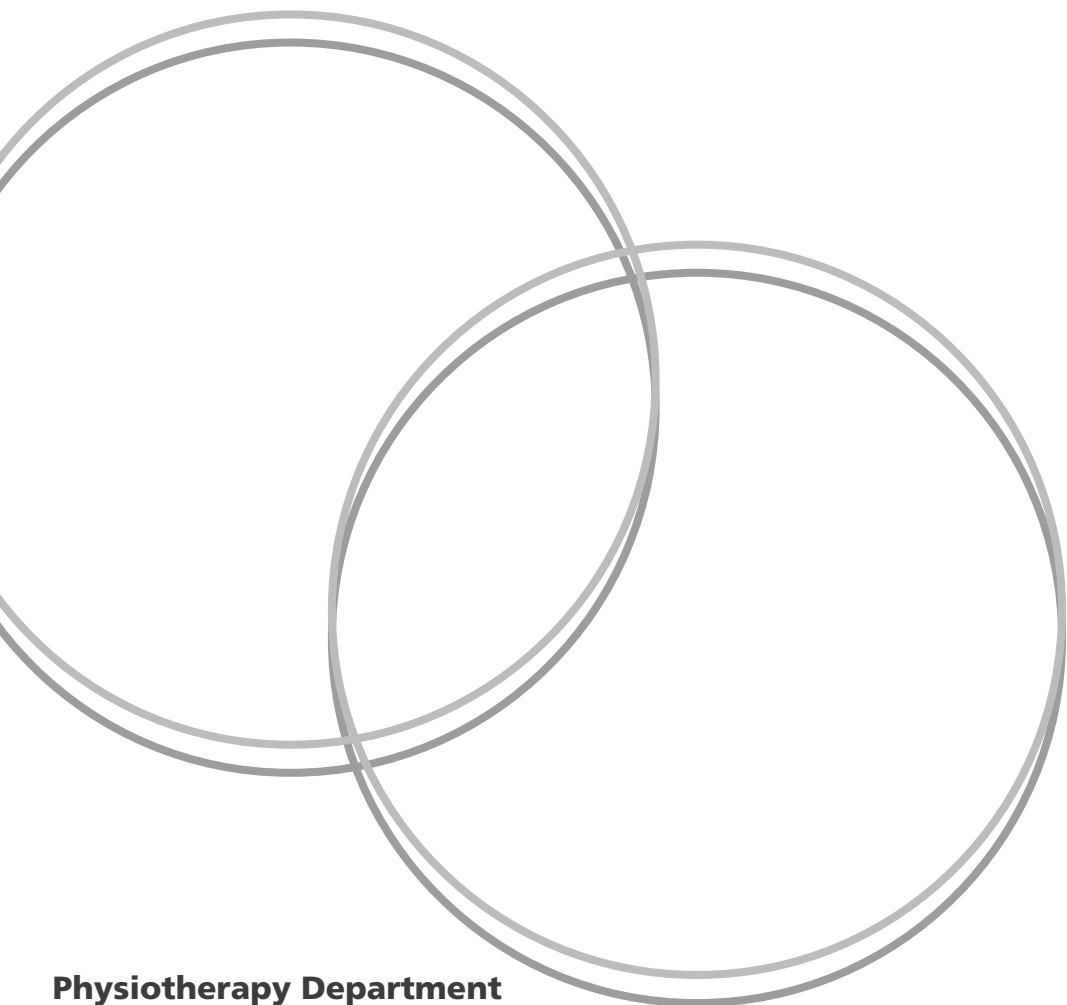




Oxford University Hospitals
NHS Foundation Trust

Physiotherapy Exercises and Advice Following Groin Dissection Surgery

Information for patients



Physiotherapy Department

Who is this leaflet for?

This leaflet contains a guide to exercises for people who have had surgery to remove lymph nodes in their groin.

This information is only a guide, and your healthcare team will give you more detailed information as and when you need it.

We hope that you find the information both reassuring and supportive.

The importance of exercise

After the operation on your groin, it is important that you move your hip so the soft tissues around your hip do not become tight and cause you pain and difficulty walking.

These exercises are designed to restore normal movement of your hip without stretching your wound. They should be done slowly. You may feel some gentle pulling and discomfort. This is normal and will not cause any damage. If you have a drain in place, please start the exercises after it has been removed.

If you find there is excessive oozing, redness, or severe pain, please stop the exercises and consult your physiotherapist, nurse or doctor as soon as possible.

General points

- Consider taking pain relief to reduce the pain **before you exercise**.
- It is **normal** to feel aching, discomfort or stretching when doing these exercises. However, if you experience **intense and lasting pain** (e.g. more than 30 minutes), it is an indication to change the exercise by doing it less forcefully, or less often. If this does not help, then please talk to your physiotherapist.
- **Do short, frequent sessions** (e.g. 5 to 10 minutes, 4 times a day) rather than one long session.
- **Gradually increase the number of repetitions** that you do.
- Aim for the number of repetitions advised by your physiotherapist (the numbers advised in this booklet are guidelines only).
- Try to fit your exercises into your daily routine to help you to get into the habit of doing them regularly.
- If you do not regain full movement at your hip within 2 to 3 weeks or would like further assistance once discharged from hospital, please contact the Physiotherapy Department on: 01865 235 391.

Exercises

1. Lying down

Gently bend your knee by sliding your heel up towards your bottom as far as possible. Slowly relax your leg back down to the starting position.

Repeat 5 to 10 times.



2. Lying down

Keep your leg straight and resting on the bed. Slide your leg out to the side as far as is comfortable.

Slide your leg back to the starting position.

Repeat 5 to 10 times.



3. Lying down

Bend your knee so that your foot is flat on the bed.

Gently lower your knee out to the side as far as is comfortable and then return to the starting position.

Repeat 5 to 10 times.



Stairs

You may find it is more comfortable to take one step at time initially when using stairs. When going upstairs, try leading with your **non-operated** leg first.

When going downstairs, try leading with your **operated** leg first.

Exercise

It is important to keep as active as you can after your surgery. How much exercise you feel able to manage will depend on how you are feeling and any restrictions from your surgeon.

You may feel some discomfort when walking after your surgery. This is normal and will improve with time as your body heals. You should return to exercise gradually as your pain allows. If you feel tired, try doing little and often, rather than a lot in one go. It is important to listen to your body.

Useful contacts

Who should I contact if I have any questions?

If you have any questions regarding the information in this leaflet, please contact the Churchill Surgical Physiotherapy Team:

Telephone: 01865 235 391
(8.00am to 4.00pm, Monday to Friday).

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Team Lead Physiotherapist, Churchill Surgery Physiotherapy Team.

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