

YOGA & PILATES

Yoga and Pilates are also great for working on your posture, strength and flexibility. When you first start you might need to take care with poses that involve lying on your stomach or that are specifically focused on your core. It will depend on how recently post-op you are. If you have any concerns then speak to your instructor. If you haven't stood on your head since you were at primary school then you're unlikely to be able to do that in your first yoga class, so just take things steady!



TREE POSE

Stand with your arms at your sides. Shift your weight onto your left leg and place the sole of your right foot on the inside of your left thigh, keeping hips facing forward. Once balanced, bring hands in front of you in a prayer position, palms together. On an inhalation, extend arms over shoulders, palms separated and facing each other. Hold for 30 seconds. Lower and repeat on the opposite side. To make it easier: bring your right foot to the inside of your left ankle, keeping your toes on the floor for balance. As you get stronger and develop better balance, move your foot to the inside of your left calf.

Benefit: improve posture, providing stability to the pelvis, strengthening the ankles and legs, elongating the spine, and improving flexibility of the muscles of the inner thigh while also helping with centering and balance.



WARRIOR POSE

Stand with your legs three to four feet apart, turning your right foot out 90 degrees and your left foot in slightly. Bring your hands to your hips and relax your shoulders, then extend arms out to the sides, palms down. Bend your right knee 90 degrees, keeping your knee over your ankle; gaze out over your right hand side. Hold for one minute. Switch sides and repeat.

Benefit: Warriors builds physical and mental strength and balance, especially if you hold them for more than 30 seconds at a time.

MOUNTAIN POSE

Stand tall with your feet together, shoulders relaxed, weight evenly distributed through your feet, arms at your sides. Take a deep breath and raise your hands overhead, palms facing each other with arms straight. Reach up toward the sky with your fingertips.

Benefits: strengthens the thighs, knees and ankles, and tones the abdomen and glutes. Practicing Mountain pose can help to improve posture, reduce flat feet, relieve sciatica.



CHILD'S POSE

Sit up comfortably on your heels. Roll your torso forward, bringing your forehead to rest on the floor in front of you. Lower your chest as close to your knees as you comfortably can, extending your arms in front of you. Hold the pose and breathe.

Benefits: Child pose gently stretches the low back, massages and tones the abdominal muscles, and stimulates digestion and bowel movements. Take care if you have knee issues and only go as far as you are able to.



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