



Early Intervention Recovery Program



Welcome

DR ALASTAIR TAYLOR, DIRECTOR OF SURGERY AT THE CAPS CLINIC.



In 2011 I was approached by David Berg to discuss the benefits of my functional abdominoplasty procedure. Since then we have worked together to develop a program we believe will not only support you through the healing phase of your abdominoplasty but in many ways bring about a more positive and faster recovery.

Over the years the main complaint we have received from patients undergoing an abdominoplasty is the long hospital stay and the slow recovery. Following our trials we have seen both of these areas improve. Your hospital stay will only require three nights and patients who have undertaken the program prior to and following surgery have recovered significantly faster and were back to their normal routine within six weeks.

David and his wife Melissa have extensive experience working with my patients. They and their team have all joined me in the operating room and seen firsthand exactly what takes place during the surgery and so they have my full confidence working with the patients post-surgery.

Their extensive knowledge of the relationship of the fascia to musculoskeletal function ensures you will remain safe and the treatment will not compromise your surgical result. Instead you will feel more confident knowing what you can and cannot do to ensure a speedy recovery.

I am excited to be working with Move Happy Healthcare and strongly encourage you to contact Move Happy and book your program.

About

WHY IS EARLY INTERVENTION IMPORTANT TO YOUR RECOVERY?

Dr Taylor's abdominoplasty is major surgery. Undertaking this type of surgery requires a significant commitment by you to the surgery and the recovery. Our trials have clearly demonstrated that early intervention and rehabilitation are the key to its success.

The aims of the program are two fold. Firstly, we want to ensure the best surgical results and enhance your recovery. Secondly, we want to record a number of functional variables pre and post operatively. We plan to collate the data to demonstrate the importance of this surgery.

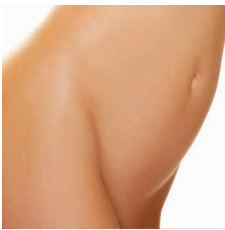
The goal of the program is *early mobilization* after surgery. Early mobilization will allow you to straighten up faster, decrease your pain and generally give you more control during your recovery.

Prior to Surgery

- Assess the musculoskeletal function of your core muscles, pelvic floor, deep abductors and thoracic spine mobility.
- Identify and treat any problems which may slow your recovery.

Following Surgery

- Improve function of your respiratory system
- Facilitate early mobilization
- Improve flexibility and strength
- Assess improvement gained by the surgery



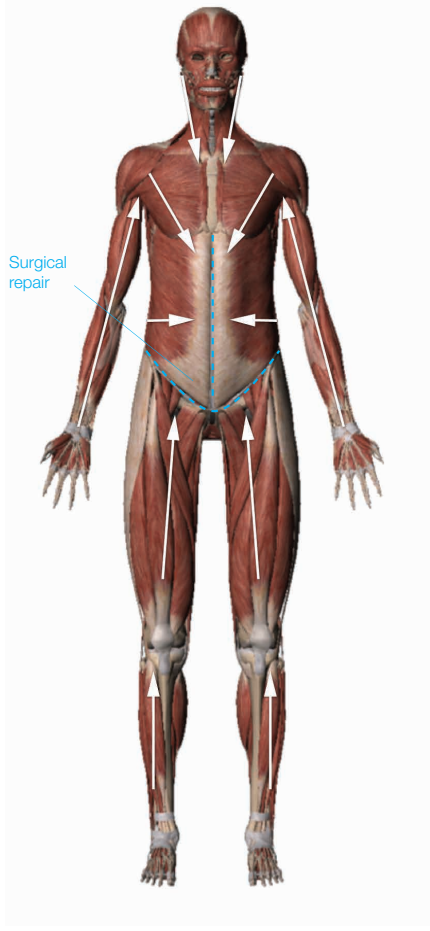
What's Involved

THE EARLY INTERVENTION PROGRAM BEGINS BEFORE YOUR SURGERY.

It is provided whilst recovering at Sole'vita and continues upon discharge from hospital.

Following surgery the team will visit you at Sole'vita and perform very gentle release techniques to the fascia cover of the muscles in your body. The massage technique is structured to stretch up nearby areas of the body to take the pressure off the surgical area and allow you to move better and straighten faster.

Initially the treatment will work towards the surgical site along the various fascial line (see the white arrows in the diagram). As you get more mobile, the treatment will reverse and focus on stretching away from the surgical repair.



Melissa Berg

MELISSA BERG IS THE DIRECTOR OF MOVE HAPPY HEALTH CARE CENTRE.

Melissa moved from Melbourne to Canberra in 1998, after graduating from RMIT. She has extensive training, and a keen interest in the treatment of mothers and their babies.

With a background in sports participation, Melissa has a good understanding of the treatment of sporting injuries, particularly of the lower back and pelvis. She has completed postgraduate studies in Osteopathy in the Cranial field, Western Acupuncture and Dry needling, Myofascial release and Anatomy Trains, and has a Graduate Certificate in Peadiatric Manual Therapy.

// Recovery Timeline //

2-4 Weeks Pre-Surgery 1 X 30min Treatment

Assessment of pelvic floor, transverse abdominis, multifidus and deep hip abductors. Assessment of thoracic mobility. Provision of pelvic floor and abdominal exercises. Discussion of rehabilitation program.

Goals Record a baseline of function pre-surgery. Set achievable goals for surgical recovery. Ensure basic core strength exercises are being performed prior to surgery.



Your Surgery

**2-4 Weeks Pre-Surgery
1-3 X 30min Treatments**
Treatment of musculo-skeletal problems in preparation for surgery.

Goal Creating the best base-line possible for your body to be able to return to post-surgery.

**Day of Surgery
1 X 30min Treatment**
Gentle soft tissue techniques to the neck and rib cage.

Goal Improve mobility of the rib cage and diaphragm to improve breathing and lung function.

**Day 2 Post-Surgery
1 X 45min Treatment**
Treatment of your arm lines towards the midline of your body. Treatment of the back line, around your rib cage towards your abdomen. Treatment of your leg muscles towards your abdominal midline. Two sets of 15m walks with walking frame.

Goals Decrease the tension in the lines of the surgery by stretching the fascia towards the excision. Improve mobility. Continue to improve lung function.



Home

**Day 3 Post-Surgery
1 X 45min Treatment**
Release of the fascia of your neck. Release of the back line and your leg muscles from your ankles towards your abdomen. Four 20m walks. Practice breathing with the spirometer.

Goals To allow you to lift your head while walking. Ensure your breathing has returned to normal. Be able to walk short distances.

Day 4-5 Post Surgery
Weekend rest and recovery at home.

Once home, you will be able to breathe normally and walk for short distances. You will still be bent over and therefore treatment over the following weeks will be aimed at getting you upright and then restoring your function. *Treatment will be at Movehappy Kingston or Movehappy Erindale, and is recommended according to the following treatment schedule.*



Back to Work

**Week 2
3 X 30min Treatments**
Monday: Thoracic spine spiral line. Neck part of front line. Thoraco-lumbar articulation.
Wednesday: Arm lines – pecs, biceps, forearms and thumb muscles. Leg muscles..
Friday: Dry needling through the fascial lines. Start practicing muscle activation patterns. Light release work through the fascial lines.

Goal Get you into an upright position and improve movement of your spine.

**Week 3
2 X 30min Treatments**
Monday: Release along spiral line towards the abdomen. Dry Needling and release through front line towards the abdomen.
Friday: Release of the lower leg front line from the thigh into the abdominal muscles.

Goal Maintain upright posture. Improve mobility.

**Week 4
1 X 30min Treatment**
Wednesday: As required: Release areas that still feel 'tight' and are preventing normal movement.

Goal Preparation for strength training.



Essential Info

BOOK YOUR EARLY INTERVENTION
RECOVERY JOURNEY TODAY.

Pre-surgery treatments will be with a member of the Movehappy Healthcare team.

Treatment Day 0-1 will be performed by Melissa Berg, Osteopath for Movehappy Healthcare at Movehappy's Erindale clinic.

Treatment Day 1-4 will be with Melissa Berg or another member of the Movehappy healthcare team (performed at Sole'vita Surgery).


Post-Surgery Treatments will be with a member of the Movehappy Healthcare team at Movehappy's Erindale clinic.

Payment of the program is directly to Movehappy Healthcare. If you have private health insurance you may claim a portion of the costs associated with the program.

It is recommended that you book in the series of treatments (other than those at the CAPS Clinic) before your surgery to ensure the continuity of care after your surgery. These can be made by calling Movehappy on 6162 0855.

Contact Us

GET IN TOUCH WITH MOVE HAPPY
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a thousand miles
begins with a
single step.

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