

Influence of Increased Intra-abdominal Pressure during Activity
Dr Beth Shelly PT, DPT, WCS, BCB PMD

Overall activity guidance (Yamasato 2014 , Nygaard 2013, Weir 2006, Noordegraaf 2011)

Activity restrictions after gynecological surgery: is there evidence? Nygaard IE, Hamad NM, Shaw JM. *Int Urogynecol J* (2013) 24:719-724.

- mean cmH₂O
- Bench press 26 pounds nasogastric 17.7, intravesical 164.5 (10.1 to 164.5)
- Sit-ups measured intravesical 9.5 to 15.8
- Jumping measured nasogastric 74.8 to 177.4
- Lift from ground heavy measured rectally 82 to 170
- Lift from counter heavy (33 pounds) measured rectally 54 to 92.5
- Lift from ground light (5.5 pounds) measured rectally 35.4 to 74.7
- Lift from counter light measured rectally 10 to 47.7

Postoperative activity restrictions any evidence? Weir LF, et al. (2006) *Obstet Gynecol* 107:305-309.

Median cm H₂O measured rectally
47.7 to 68.0

- lift 8 pounds from counter, from low table, above head
- lift 13 pounds from counter, from floor
- touch floor, bend at waist, simulated gardening
- lift 20 pounds from counter
- crunch / sit up

70.0 to 83.3

- Stand from chair - without hands, with hands on thighs
- climbing stairs
- touch the floor, bend at knees
- walk on treadmill 2.2 mph, 2.7 mph, 3.3 mph
- lift 8 pounds from floor
- small cough sitting, standing

92.3 to 105.7

- medium cough sitting, standing
- supine to standing, standing to supine
- lift 35 pounds from counter

122.5 to 149.3

- lift from floor - 20 pounds, 35 pounds
- jumping jacks
- forceful cough standing, sitting

Multidisciplinary convalescence recommendations after gynecological surgery: a modified Delphi method among experts. Noordegraaf AV, et al. BJOG (2011), published online Sept 7, 1557-1567.

		Lap hyst	Vag hyst	Abd hyst
Light activities	Lifting or carrying 11 pounds 2 hrs sustained sitting 30 min sustained standing or walking	1 wk	2 wk	2 wk
Moderate activities	Lifting or carrying 22 pounds Pushing or pulling 33 pounds Riding a bicycle Vacuum cleaning	2 wk	3 wk	3-4 wk
Heavy activities	Lifting or carrying 33 pounds Standing and walking during entire work day	3 wk	4 wk	6 wk
Resumption of (ave) job	8 hours per day 40 hours per week	3-4 wk	4 wk	6 wk

Noordegraaf AV, et al. Multidisciplinary convalescence recommendations after gynecological surgery: a modified Delphi method among experts. BJOG (2011), published online Sept 7, 1557-1567.

Nygaard IE, Hamad NM, Shaw JM. Activity restrictions after gynecological surgery: is there evidence? Int Urogynecol J (2013) 24:719-724.

Weir LF, et al. Postoperative activity restrictions any evidence? (2006) Obstet Gynecol 107:305-309.

Yamasato KS, Oyama IA, Kaneshiro B. Intra-abdominal Pressure with pelvic Floor Dysfunction: Do Postoperative Restrictions Make Sense? The Journal of Reproductive Medicine 2014 Jul-Aug;59 (7-8):409-13