
Post Abdominal/Pelvic Surgery
HEALING AND RECOVERY
Aylara
Pelvic Health



Find the healing you deserve at Aylara.

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There are many ways physical therapy can assist in recovery post-operatively:

Scar mobilization
Pain management
Constipation management
Dry needling
Core strengthening
& more!

Common surgeries that may require additional recovery and rehabilitation:

Hernia repair: inguinal or umbilical
Mastetectomy
Hysterectomy
Cesarean section
Laparoscopies
Prostatectomy
Vasectomy
Endometrial excision
Abdominoplasty

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