

Post-Surgery Assessment

Let's compare the healing practices you learned, how often you did them, how you felt when you did them and what you gained from doing these before surgery, after surgery and beyond recovery.

Knowing what you know now about the benefits of these techniques can motivate you to continue your practice and help you heal faster and maintain the level of wellness that you want for yourself over time.

Which relaxation techniques did you use prior to surgery? (check as many that apply)

- Imagery**
- Breathwork**
- Biofeedback**
- Centering and Grounding**
- Other (such as yoga, meditation or tai chi)** _____
- None**

How often did you practice a relaxation technique before surgery?

- Never**
- 1-2 times a week**
- 3-4 times a week**
- 5 or more times a week**

How did you feel after surgery? (check as many that apply)

Immediately after surgery:

- calm** **comfortable** **anxious** **pain** **not sure**
- other** _____

1 week after surgery:

- calm** **comfortable** **anxious** **pain** **not sure**
- other** _____

1 month after:

- calm** **fully back to pre-surgery state** **still uncomfortable**
- pain** **not sure**
- other** _____

**Why have you continued to practice these relaxation techniques?
(check as many that apply)**

- I want to continue healing from the surgery**
- I want to make it a part of my regular routine**
- It helps me sleep better**
- It helps me feel calmer and more relaxed**
- I'm not sure**
- Other** _____

**Why did you stop practicing these relaxation techniques?
(check as many that apply)**

- I forgot about them**
- I didn't think it would help**
- I didn't think I needed to anymore**
- I was starting to feel better**
- I'm not sure**
- other** _____