

## Post-Surgery Assessment

You can print out this self-assessment tool to help you 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 practices 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.

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

- Imagery                       Breathwork  
 Biofeedback                 Centering & Grounding  
 Other (such as yoga, meditation or tai chi) \_\_\_\_\_  
 None

### 2. 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

### 3. How did you feel after surgery?

- **Immediately after surgery:**

- Calm                                 Comfortable  
 Anxious                            Pain  
 Not Sure                          Other \_\_\_\_\_

- **1 week after surgery:**

- Calm                                 Comfortable  
 Anxious                            Pain  
 Not Sure                          Other \_\_\_\_\_

- **1 month after surgery:**

- Calm                                 Fully back to pre-surgery state  
 Still Uncomfortable         Pain  
 Not Sure                          Other \_\_\_\_\_



**4. Why have you continued to practice these relaxation techniques?**

**(check as many as apply)**

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

**5. Why did you stop practicing these relaxation techniques?**

**(check as many as 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 \_\_\_\_\_