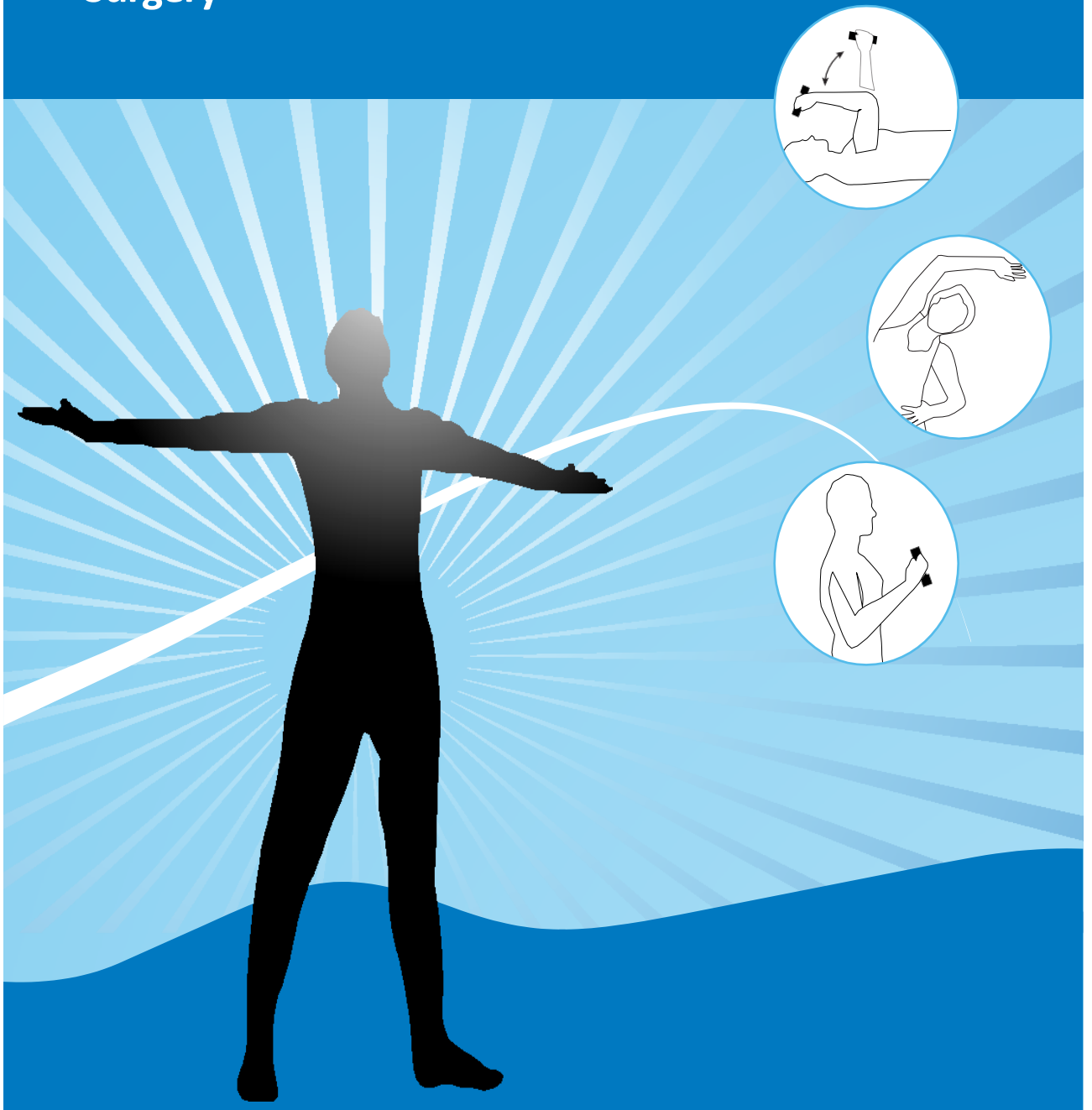


Exercise Program After Bariatric Surgery





Why You Need Exercise ?

- Reduce risk of after surgery complications
- Tone your muscles
- Increase muscle mass and improve skin appearance
- Lower blood pressure
- Reduce stress
- Prevent osteoporosis with the impact of activity on your bones

Exercise Program After Bariatric Surgery

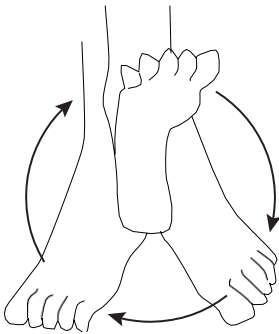
First three days after surgery

1- bed exercises

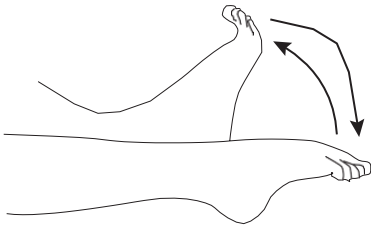
For good circulation and prevent DVT (deep vein thrombosis).

Types of exercises:

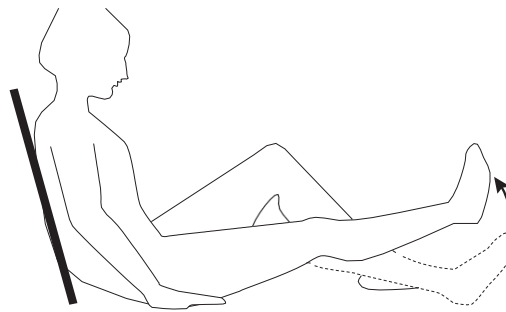
A- Circle your feet and ankles



B - Move your ankles up and down.



C Gently bend your knees **while contracting the muscles of the thigh**, hold for a count of 6; rest and repeat 5-10 times



2- **Breathing exercises:**
help to prevent chest complications.

Types of exercises

A- **Deep breathing exercises:**
take 4-5 deep breaths every 15 minutes throughout the day.

How to DO It ?

1. Relax your shoulders and upper chest
2. Take a deep breath in through your nose to fill the bottom of your lungs
3. Hold this breath for 3 seconds
4. Breathe out slowly through your mouth

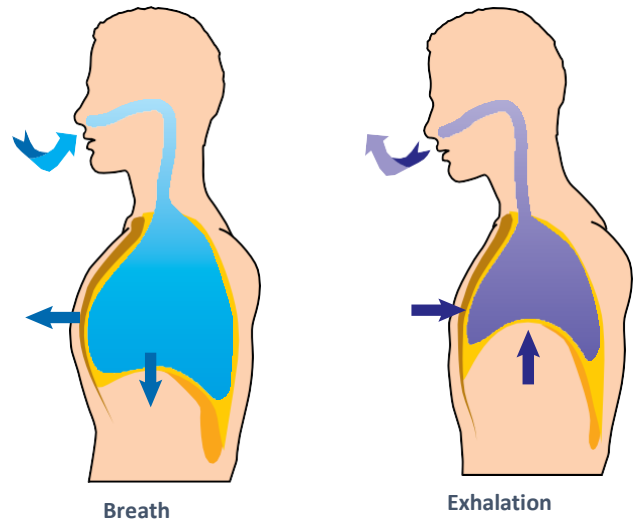
B- **Coughing exercise :**

to clear phlegm from your lungs

How to DO It ?

1. Hold your wound with your both hands
2. Breathe in deeply in

3. Pause for a second or two, then
4. Breathe out gently
5. Repeat this 3 to 4 times, then
6. Perform a fast breathout (HUFF)
7. Rest for a few breaths
8. Repeat until you feel there is no phlegm



Exercise Program After Bariatric Surgery

3- Spirometry:



- Inhale deeply
 - raise 3 balls
 - then hold for at least 5 seconds
 - then slowly let air out
- Cough after using spirometer to clear your lung
- Use it 20 times every hour

4- Getting out of bed and walking:

walk for 5-10 minutes at least 6 times a day.

5 steps to get out of the bed safely

1. Roll onto your side,
2. place your legs over edge of the bed a
3. push up with your arms to put less stress on your stomach muscles

4. Use weight of your legs to help you sit up
5. To stand up, push down with your arms for a minute to make sure you are balanced and not dizzy

Week 1 to Week 3 Exercise :

Walking is the only exercise

Guidelines for walking:

1. Walk for 30 - 60 minutes a day.
2. Walk 6-10 minutes, then increase until you can walk for 60 minutes
3. Climbing stairs is encouraged

Activities to avoid: (Prevent blood clots in legs)

- Lifting for first three months
- carrying or pushing heavy loads for first three months
- Avoid sitting and standing without moving for long periods.
- Change positions frequently while sitting and walk.T

Week 3 to Week 6 Exercise :

1- Swimming (30 minutes above)

- Provides all muscle usage
- Tone muscles and build strength
- Maintain a healthy heart and lungs
- Improve coordination, balance and posture
- Improve flexibility

2- Aqua exercises:

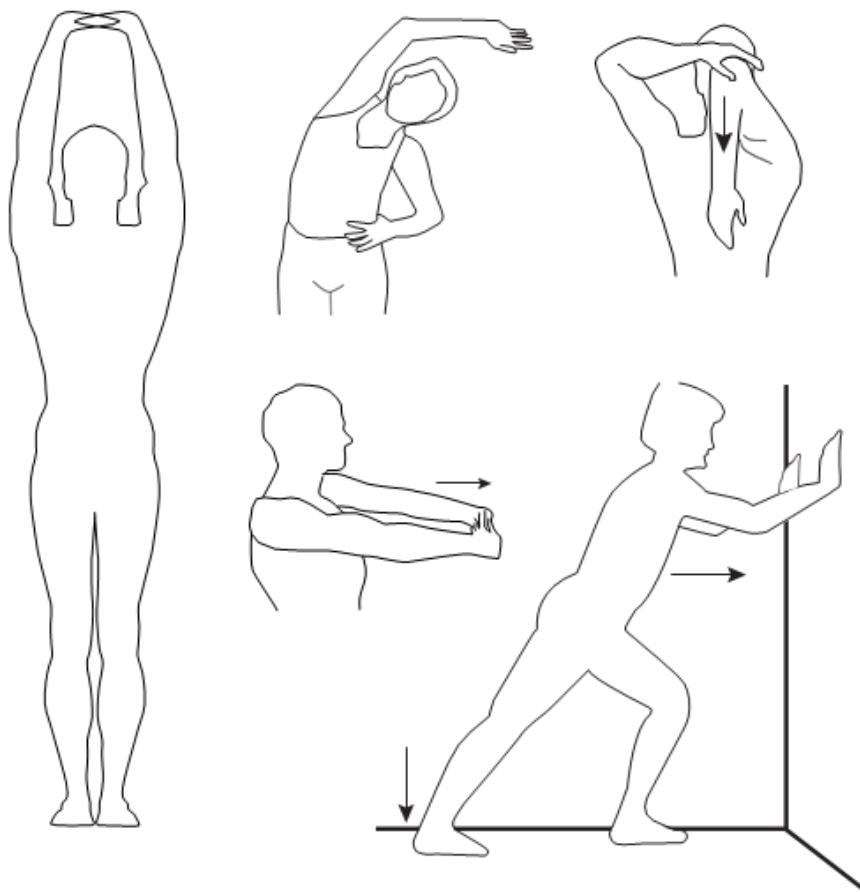




- takes the pressure off your bones, joints and muscles.
- Strengthens muscles and burns fat faster

3- Light stretching (Reduce pain, improves balance)

- Stretch slowly and hold the position for 6 seconds
- Repeat each exercise 5 times
- perform the stretching after walking



Week 6 to 3 months exercise:

It is a balanced exercise program.

What is a balanced exercise program?

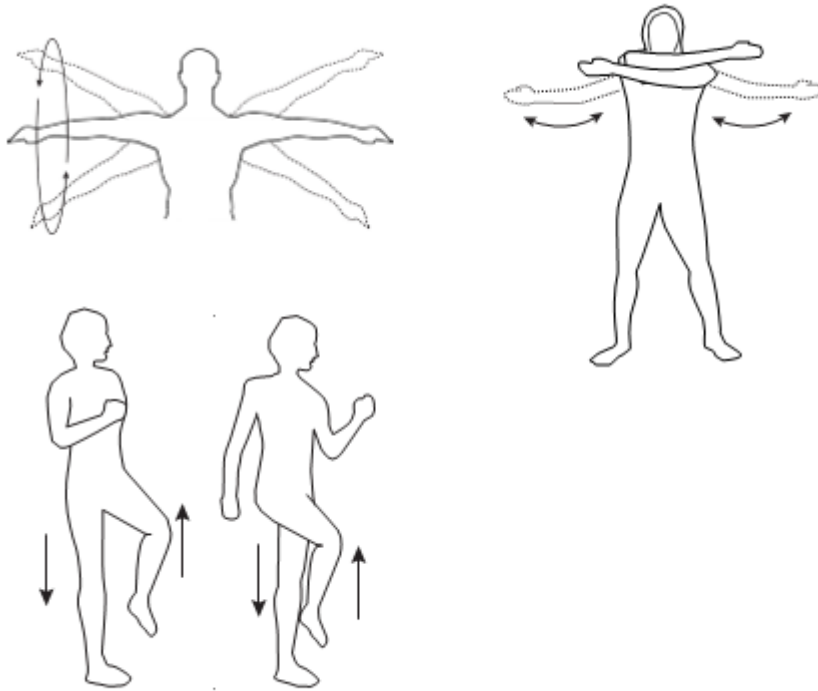
It includes 3 parts 1) flexibility 2)strengthening 3) aerobic conditioning.

1- Flexibility

- Start with warm up and finish with stretching

➤ Warm up for 5 minutes. like below :

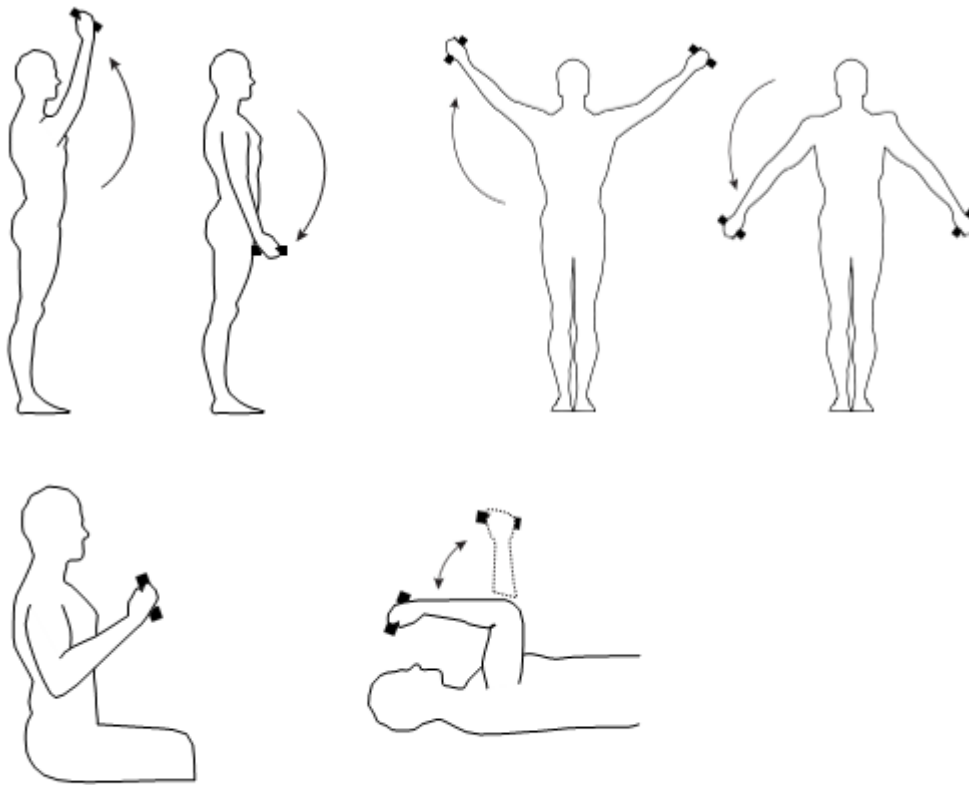
- arm circles
- arm swings
- marching in place



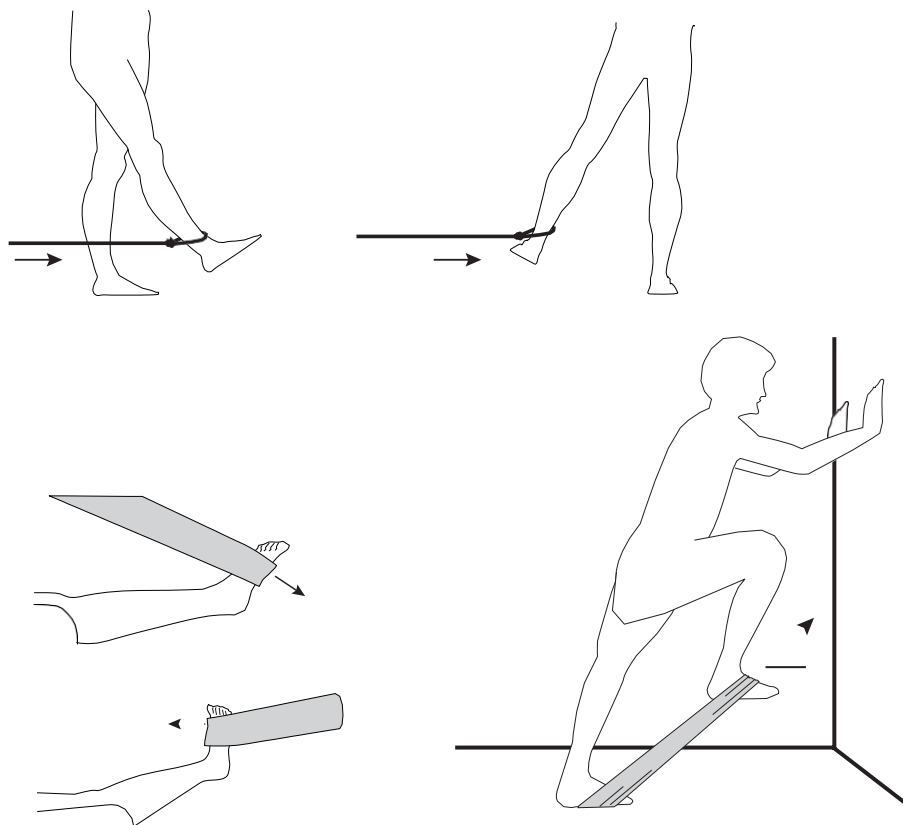
2- Strengthening\Weight training: (Arms Exercise & Leg exercise)

- Start by inhaling during the beginning of a lift, then gradually exhale as you finish the lift
- Use as much weight or resistance as is comfortable for 8-10 repetitions.
- Perform 1-3 sets of ten repetitions (If you can do this comfortably, increase the weight or resistance)
- Start by using stretch bands or hand-held weights and slowly progress by increasing the weight or resistance.

Examples of arm exercises:



Examples of leg exercises:

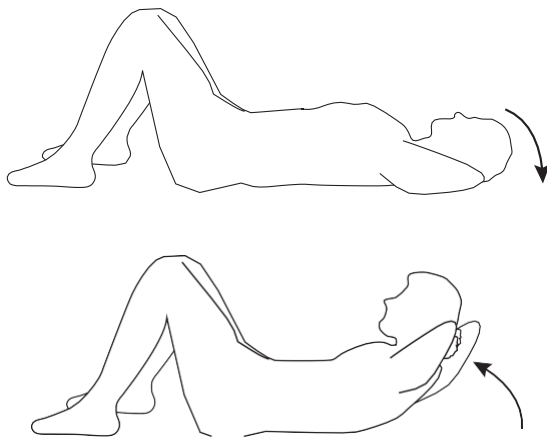


3- Aerobic conditioning

- Aerobic exercise means moving your muscles in a continuous motion for several minutes by walking, biking or swimming for longer periods of time
- Start with a small duration of time & distance then slowly increase time by 1-2 minutes every 1-3 day

3 months to 12 months Exercise:

- Start abdominal crunch.
- Strengthening the abdominal muscles is important because it helps improve your posture, which will change as you lose more weight.



After 1 Year Exercise

60 minutes of exercise at least 4 days a week

Some advice:

- Take the stairs versus the elevator.
- Park your car as far away as possible from your destination
- walk after lunch or dinner.
- Take your multivitamins.