



Activity After Bariatric Surgery

This handout gives exercise goals and activity precautions to follow after bariatric surgery.



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Protect Your Abdomen

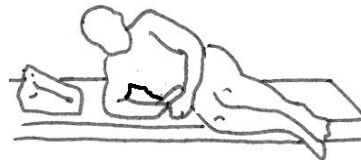
- Do not lift anything that weighs over 10 pounds (about the weight of a gallon of milk) until your doctor says it is okay.
- Make sure to not hold your breath or strain with movement.
- Do not do any movements or exercises that strain your abdominal muscles, such as sitting straight up from a laying position. Use a “log roll” to get in and out of bed. See picture below.

“Log Roll” Technique

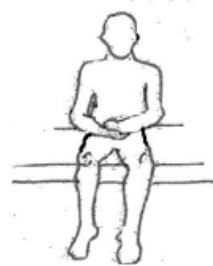
Step 1:



Step 2:



Step 3:



Walking is an important part of recovery after bariatric surgery.

Rating of Perceived Exertion (RPE) Scale

RPE	Workload	Talk Test
0	Very, very light	At rest
1	Very light	Gentle walking or strolling
2	Fairly light	Steady pace, not breathless
3		
4	Somewhat hard	Brisk walking, can hold a conversation
5	Hard	Very brisk walking, must take a breath every 4 to 5 words
6		
7	Very hard	Cannot talk and keep pace
8		
9	Very, very hard	
10		

Goal Training Zone

Table adapted from Avers, D., & Brown, M. (2009). White Paper Strength Training for the Older Adult. *Journal of Geriatric Physical Therapy*, 32(4), 148-152.

Daily Activity After Surgery

- Gentle exercise helps to speed up recovery. It also helps prevent respiratory infections, blood clots, and constipation.
- **You should begin the walking program the day after surgery.**
 - When you are walking, it should feel like gentle to moderate activity or less than a 5 on the *rating of perceived exertion (RPE)* scale. The RPE scale is a way to measure the amount of effort you are using during exercise. See the table to the left.
 - Start with 3-4 short walks daily and gradually increase the time of each walk as you start to recover. The goal is to build up to one 30-minute walk daily after 6-8 weeks.
 - After you have been cleared by your doctor, you can return to your pre-operative exercise routine.

Sample Exercise Program

Week 1	4 walks for 5 minutes
Week 2	4 walks for 7 minutes
Week 3	3 walks for 10 minutes
Week 4	2 walks for 15 minutes
Week 5	1 walk for 20 minutes +1 walk for 10 minutes
Week 6	1 walk for 30 minutes

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Your provider:
