

Weight loss surgery - NHS ([www.nhs.uk](http://www.nhs.uk))

Support Groups › WLS Info (Support Groups › WLS Info)

Get active - Better Health - NHS ([www.nhs.uk](http://www.nhs.uk))



App: Couch to 5K



App: NHS Active 10 Walking Tracker

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[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)

# Bariatric Surgery Physiotherapy

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

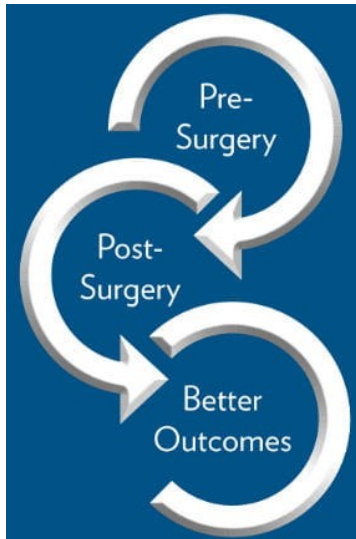
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## Enhanced Recovery After Surgery (ERAS)

ERAS programme aims to help you recover quickly and safely and is designed by the specialist team, to ensure your surgical admission goes as smoothly as possible.

The goal is to get you home safely after your operation and to kick start a healthier lifestyle going forwards. It is important for you to understand all aspects of your recovery, as you play the most important part. It allows us to manage your expectations and reduce anxieties of what is to come.

ERAS can help reduce your hospital stay by 18.2% days and reduces the chance of post op complications by 32.0%



## Timeline

### 1st week

Focus on breathing, chair and bed exercises as well as light household tasks. No heavy lifting for 6-8 weeks. Go about your normal activities of daily living guided by your pain and energy levels. Aim to achieve 2-3 on the RPE scale.

### 2-6 weeks

Focus on getting out of the house. Start building your exercise tolerance up, as you are taking in more nutrients guided by the dietitian. For example this might be a 20-30 minute walk per day aiming to achieve 4-6 on the RPE scale.

### 7-12 weeks

You should now be starting to eat a normal textured diet at 8 weeks onwards. Regular exercise should now be a habit, light strengthening exercises should now be incorporated aiming for 4-6 on the RPE scale.

### 12+ weeks

National guidelines suggest 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week. These should be a mix of strength and cardiovascular activities. You should be achieving 7+ on the RPE Scale.



If you have any specific questions, please do not hesitate to ask your physiotherapist or qualified health professional.

## Checklist post surgery

### To check you are safe (able to do the things you could before surgery)

Your physiotherapist will review you within 24 hours after surgery. Essentially we are making sure you are safe to leave hospital and go home. We will also review your chest and ensure you are getting out of bed, to reduce the chance of post op complications.

- Able to get out of bed independently (flat bed, no rails)
- Able to stand from a chair independently
- Able to get on/off the toilet (no rails)
- Able to attend to your own personal care
- No concerns/independent climbing stairs
- Walking around the ward independently
- Good ACBT technique, reviewed by a Physiotherapist
- Have your short term and medium term goals set, as per the pre-op information with any questions ready to ask your physiotherapist

Example goals:

1. To be able to get washed and dressed independently within 1 week post operatively
2. To be able to walk outside for 30 minutes at a leisurely pace within 4 weeks post operatively.

## Checklist for surgery

Following your surgery you will be required to stay in hospital, we suggest the below items are bought with you:

- Glasses/hearing aids as needed
- Comfortable day clothes
- Pyjamas
- Own toiletries
- Good fitting shoes/slippers
- Walking aid (if applicable)

### Other considerations:

Other things you may want to organise before your surgery include the following:

- Arrange transport to and from hospital
- Have up to date important contact numbers (Next of Kin/ family)
- Have a think of some realistic short and medium term goals to achieve post surgery (these can be discussed with the physiotherapist on the ward).

## Pre-op rehabilitation

### Active cycle of breathing

These breathing exercises are designed to maximise your lung capacity before your operation, to strengthen and train your respiratory muscles. (See page 5)

### Strengthening exercises

To build up strength and endurance pre-operatively, we would encourage you to start doing regular exercises before your operation. This will improve your chances of an easy recovery and reduce your stay in hospital.

Any exercise you undertake, should be done often and for shorter periods reaching a manageable exertion level at 4-6 on the Rate of Perceived Exertion scale (RPE). (See page 6).

### Practice the simple things

Practicing things that may seem easy at the moment will ensure a speedier recovery post operatively, as we expect you to be up and out of bed on day 0 or day 1 depending on when you come back from theatre. These include: sit-to-stand, lying-to-sitting and stairs. If you would normally do these things once/twice a day, think about increasing your repetition to four/five times a day.

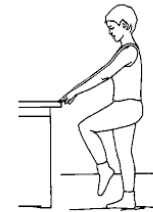
### Changing and building habits

Ultimately you are paving the way to a new healthier lifestyle, think about starting to change your habits now so that your post operative journey is well established and therefore easier to maintain.

### Standing exercises (to be completed 3 times per day)



With both feet flat on the ground, bend your knees and stick your bottom backwards as though sitting on to a chair – make sure you only go 'half way' down. Hold for 2-3 seconds and slowly stand up. Repeat 10 times



Lift your operated knee up towards you, bending from your hip and knee at the same time. Hold for 2-3 seconds and slowly lower. Repeat 10 times.

### Seated exercises (to be completed 3 times per day)



Sit down. Lift your foot to straighten your leg. Hold for 2-3 seconds. Repeat 10 times.

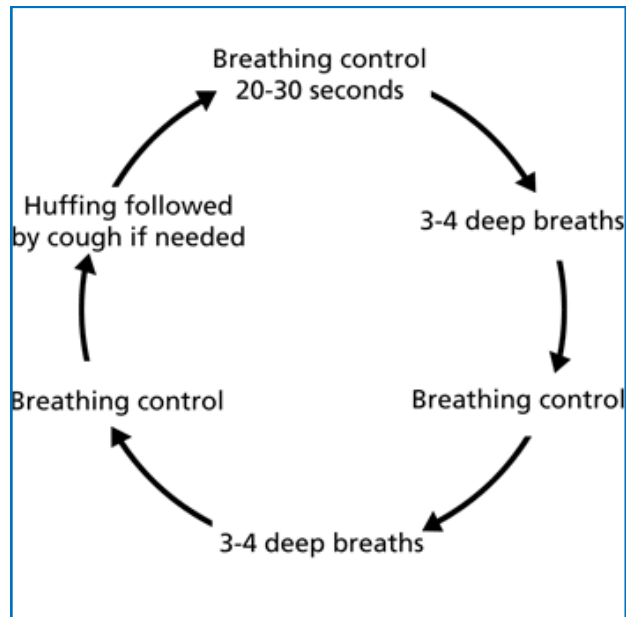


Sit down. Lift your knee towards your chin, keeping your back straight and hold for 2-3 seconds. Repeat 10 times.

## Exercise (to start with...)

### Active Cycle of Breathing (ACBT)

3-4 cycles 3 times per day. Post op breathing exercises will help increase your lung volumes and maintain a clear chest reducing the risk of a chest infection post op.



RPE Scale	Rate of Perceived Exertion
10	<b>Max Effort Activity</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	<b>Very Hard Activity</b> Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.
7-8	<b>Vigorous Activity</b> Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	<b>Moderate Activity</b> Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	<b>Light Activity</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	<b>Very Light Activity</b> Hardly any exertion, but more than sleeping, watching TV, etc.