

# Bariatric surgery rehabilitation prescription

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 formacie,  
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.

## Introduction

To gain the best results following your surgery, you must start adding exercise into your daily routine as quickly as possible.

We would advise completing the following exercises to help build your strength, improve your exercise tolerance and help reduce the risk of post-operative complications (e.g. chest infections, and deep vein thrombosis).

We understand that everyone has a different baseline exercise tolerance and ability. If you have any questions or concerns, please do not hesitate to contact the physiotherapy team to discuss your exercise programme.

## Steps

To build up your exercise tolerance before surgery, we advise you should be doing 7,000 - 10,000 steps per day. Particularly if you have a job where you are not very active, increasing your step count by going for a 20-30 minute walk each day can greatly improve your post operative recovery.



# Exercises

## Mini squats

Stand up straight facing a wall or supporting surface. Your feet should be hip width apart. Hold on and bend your knees a little, ensuring your knees travel directly forwards over your toes. Push through the heels of your feet and tighten your buttock muscles to return to the upright position. **3 sets of 10 repetitions.**



## High knees

Standing with your legs hip width apart. Lift one leg up to a 90 degree angle, hold onto a stable surface for support if needed. Repeat on the other leg. If you feel able, spring from one foot to the other. **3 sets of 10 repetitions.**



## Lunges

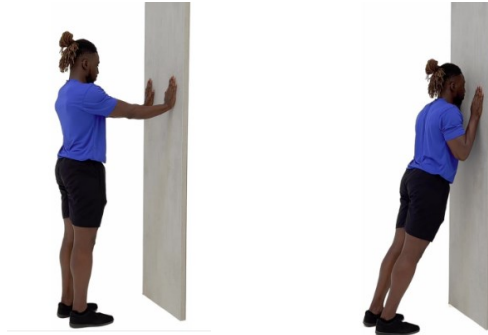
Stand with your legs hip width apart. Step forwards with one leg and squat down, so that your back knee touches the floor. Keep your body and head upright. Push back through your front foot to return to the starting position. Repeat on the other leg. **3 sets of 10 repetitions.**



# Exercises

## Press ups on a wall

Place your hands on a wall in a standing press up position. Bend the arms to lower your chest and hips to the wall. Straighten the arms to push your body away from the wall. **3 sets of 10 repetitions.**



## Step ups

Stand with a step in front of you (this could be the bottom step of your stairs). Place one foot on the step, drive the leg up into standing with good knee and hip alignment. Slowly bend the knee and hip to lower the other foot to the floor. Repeat with the other leg. **3 sets of 10 repetitions.**



## Upper limb weights

Hold a dumbbell in each hand (3-5kg) arms by your sides. Lift the dumbbells to shoulder height whilst turning the palm to face outwards. From this position lift both arms above your head and return to the shoulder position, then lower arms to by your side. **3 sets of 10 repetitions.**



# Post-operative rehab

## 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.

Once you have had your surgery, we advise building up your exercise gradually in line with your nutritional intake. Energy levels may differ day-to-day and so we advise this programme is followed depending on how you feel each morning.

## Week 1

You will be on a liquid only diet within your first week post-operatively. We advise using this time to get yourself back into a daily routine, keep active but no heavy lifting or vigorous exertion.

## Weeks 2-7

As your food intake increases to a puree/fork mashable diet, we advise you to complete around 7,000 steps per day including a 20-30 minute walk.

Start building yourself up to complete 10 repetitions (1 set) of each exercise included in this booklet 3-4 times per week.

## Week 7-12

As your diet normalises again, aim to do 10,000+ steps a day, including a 20-30 minute walk daily.

Complete 10 repetitions of each exercise daily (1 set).

## Week 12+

Now you should be completing 10,000+ steps per day.

Start increasing your exercise, completing all of your exercise booklet or engaging in regular cardiovascular and strengthening exercises, such as swimming or going to the gym.

# Exercise Tracker

Week     

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Number of steps per day completed							
Mini Squats							
High Knees							
Lunges							
Press ups							
Step ups							
Upper limb weights							
Other Comments							

# Exercise Tracker

Week     

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Number of steps per day completed							
Mini Squats							
High Knees							
Lunges							
Press ups							
Step ups							
Upper limb weights							
Other Comments							

# Exercise tracker

Week \_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Number of steps per day completed							
Mini Squats							
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# Exercise tracker

Week   

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Number of steps per day completed:</b>							
<b>Mini Squats</b>							
<b>High Knees</b>							
<b>Lunges</b>							
<b>Press ups</b>							
<b>Step ups</b>							
<b>Upper limb weights</b>							
<b>Other Comments</b>							



App: Couch to 5K



App: NHS Active 10 Walking Tracker

Critical care and surgery therapy team  
Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600  
**Email:** [physiotherapybariatricservice@sthk.nhs.uk](mailto:physiotherapybariatricservice@sthk.nhs.uk)