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Exercise guidelines after surgery

- Most important rule: **ALWAYS USE PAIN AND COMMON SENSE AS A GUIDE FOR ACTIVITY**

- **First 2 weeks**
 - Light activity such as walking and stairs are O.K.
 - Light activity such as walking is encouraged after surgery to avoid blood clots in the legs
 - Otherwise no exercise

- **After 2 weeks up to 6 weeks**
 - Avoid activities that cause pain
 - If pain occurs with activity then stop
 - Incisions may hurt **after** activities
 - Avoid exercise that causes straining or use of abdominal muscles
 - No abdominal exercises such as abdominal crunches, core exercises, or yoga until > 3 months postoperatively
 - No heavy lifting that causes straining, grunting or use of abdominal muscles
 - Lifting limit of 40 lbs typically
 - Light upper body exercises are OK if no pain occurs
 - OK to submerge incisions for swimming
 - Light swimming is OK if no pain occurs
 - Light bike riding is OK if no pain occurs
 - No golf ball driving for 6 weeks
 - Light putting of golf balls is OK
 - Avoid jogging or high impact activities until after 3 months
 - The elliptical trainer is OK if no pain occurs
 - No kick boxing or contact sports until after 3 months

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- For up to 6 months after surgery, mild incisional pain may occur for a couple days **AFTER** exercise.
 - If there is severe pain or swelling, you should contact your surgeon.
 - If there are any concerns or questions, you should contact your surgeon.