



MINIMALLY INVASIVE INSTITUTE OF SURGERY

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## Exercise Guidelines Post 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 OK
- 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
- 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.

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