

## 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 OK also 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 after 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.