



EXERCISE POST BARIATRIC SURGERY

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ENERGY BALANCE



VARIOUS COMPONENTS

- | | | |
|---|---|--------------------------------|
| 1. Flexibility | - | Stretching |
| 2. <u>Cardiovascular exercise</u>
(ACSM: >250min per week) | - | Walking, Cycling, Swimming |
| 3. Endurance training | - | High Reps & Low Resistance |
| 4. Strength training | - | Low Reps & High Resistance |
| 5. Rest | - | Scheduled rest periods or days |

EXERCISE GUIDELINES:

What to **AVOID**:

- ≠ Comparing yourself with others
- ≠ Strength training for first 3 months
- ≠ Abdominal or back exercises for first 6 months
- ≠ Balance exercises
- ≠ Incorrect form or technique
- ≠ Moderated to High Intensity exercise for the first year post op.
- ≠ Boredom

HOW TO GET STARTED ...

Start FUNCTIONAL and start SLOW!!

- For the first month only walking is recommended
 - ▶ Small increments & Very Low Intensity
- For month 2 you can vary the walking
 - ▶ Time, distance & surface
 - ▶ "Talking Intensity"



WALKING TIPS:

- ☺ SAFETY
- ☺ Walking buddy / group
- ☺ Water bottle
- ☺ Alternate routes
- ☺ Pedometer

STRENGTH TRAINING

Only after 3 months (as mentioned prior)

Must be preceded by cardiovascular warm up or training

Excellent for getting stronger and building lean body mass

PRACTICAL – UPPER BODY STRETCHES

90° Door Pectoral Stretch

Shoulder Stretch



- 20-30 second hold
- 2-3 reps

PRACTICAL – LOWER BODY STRETCHES

Seated hip & glute stretch Seated Hamstring stretch



- 20–30 second hold
- 2–3 reps

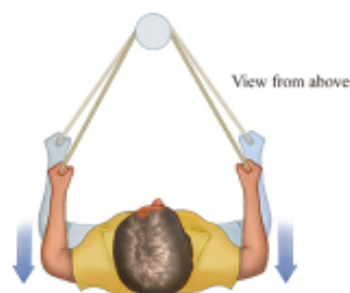


- 10–30 second hold
- 2–3 reps

THERA BAND EXERCISE NO. 1

Rhombiod Squeezes

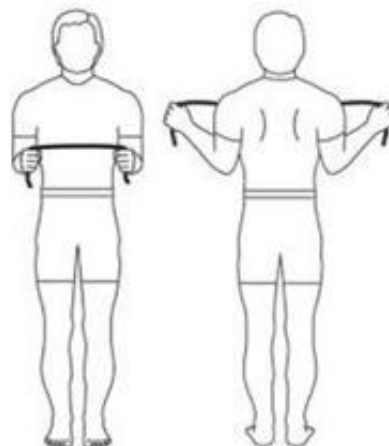
- ❑ Wrap elastic around a pole
- ❑ Wrap both ends of the elastic around your hands
- ❑ Stand with feet hip width apart
- ❑ Relax shoulders
- ❑ Slowly pull your elbows away from the pole in front of you
- ❑ Feel the squeeze between your shoulder blades
- ❑ Hold the squeeze for 2 counts and then slowly return to the starting position



THERA BAND EXERCISE NO. 2

0° External Rotation

- Keep both elbows at your side
- Take the elastic in both hands
- Relax shoulders
- Slowly pull your hands away from each other
- Again, feel a squeeze between the shoulder blades
- Hold the squeeze for 2 counts and the slowly return to the starting position



- 10 reps x 1 set
- 10 reps x 2 sets
- 10 reps x 3 sets

THERA BAND EXERCISE NO. 3

Hip Abduction

- Attach the elastic to a solid item
- Make sure that you have a fixed point to hold on to
- Now place your foot/leg into the loop of the elastic
- Pull against the elastic with your leg till you feel your hip or glute muscles working to get it there
- Now hold in that position for 2 counts before slowly returning to the starting position



- 5 reps x 3 sets
- 5 reps x 4 sets
- 8 reps x 3 sets
- 8 reps x 4 sets



STABILITY BALL EXERCISE NO. 1

Seated Posture Trainer

- 🔵 Take a seat on the ball
- 🔵 Place feet hip width apart
- 🔵 Tighten centre of body
- 🔵 Shoulders = Up, Back & Down
- 🔵 Now hold this position for one minute
- 🔵 Then rest and repeat



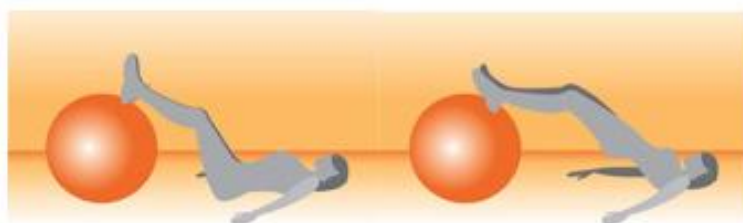
→ Repeat 3 -5 times

STABILITY BALL EXERCISE NO. 2

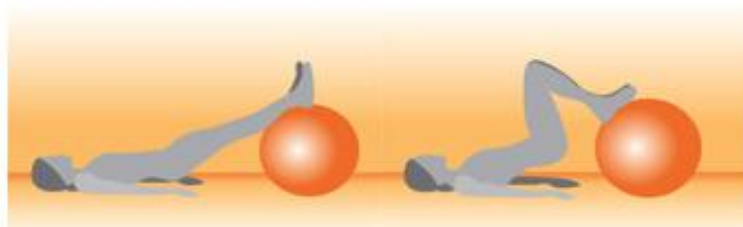
Bridging

(Progressed to Hamstring Curls)

- 🔵 Lie on your back
- 🔵 Both lower legs on ball
- 🔵 Both knees slightly bent
- 🔵 Tuck in abdominal muscles
- 🔵 Then slowly lift the pelvis off the floor, hold for 2 seconds then return to starting position.



Progression . . .



STABILITY BALL EXERCISE NO. 3

Wall Ball Squat

- ☑ Place the ball against the wall and position it in the curve of your lower back, now lean against the ball and move your feet slightly forward
- ☑ Feet must be just wider than the hips
- ☑ Tuck in the abdominal muscles and slowly begin to bend your knees moving your hips towards the floor
- ☑ Do not go down too far!! Just descend till you can feel some activation or tension in your upper legs



– 8–12 reps
– 2–3 sets

THANK YOU

