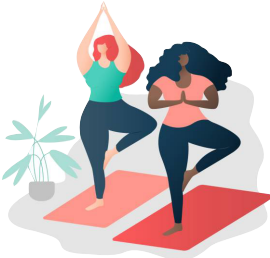


All About: Exercising Post Op

Post Op

- **START SLOW**
- Short work-rest intervals
- Do a little more each time
- Change positions often
- Start back 2 weeks after surgery
- If it hurts, don't do it
- If it continues to hurt, call your physician



Aerobic

- Weight bearing vs. non weight bearing
- 3-5 minute slower warmup
- Goal 30-60 minutes continuous OR several 10-15 minute bouts
- 3-5 minute slower cool down
- Aim for 150-250 minutes/week
- Work hard enough you can talk but not sing

Resistance

- Do not do 2 weeks post surgery
- 1-3 sets
- 12-15 repetitions
- 8-10 different exercises
- 2-3 non-consecutive days/week
- **BREATH!**

