Physical and Occupational Therapy Exercises

For weight loss surgery patients

Starting Slow

Walking is very good exercise. It increases your *cardio* (heart) and *pulmonary* (lung) fitness, which helps reduce your risk of heart disease. It also strengthens your muscles and bones. Start slowly, and build up your walking strength so that you can walk for 1 hour every day.

If you have problems walking and doing other weight-bearing exercises because of hip, knee, or ankle pain, try these exercises:

- Walk in a swimming pool – check community centers or a YMCA for a pool near you.
- Ride a recumbent bicycle.
- Use an arm cycle, also known as a restorator bike or exercise peddler.

Many gyms have this equipment. Slowly increase the resistance and how long you exercise. During exercise, you should be able to keep up a conversation with the person next to you, even though you might be a bit short of breath.

If you do not have access to a gym, you can buy a Restorator Bike/Ex Peddler at most drugstores and online. They cost about $20 to $30.

Arm and Leg Exercises

The 7 exercises on the next several pages will help build and tone your muscles. You will do some at least once every day. You will do others every other day. Follow the instructions for each one. Make sure you eat and drink 1 hour before you exercise.
1. **Ankle 4-way**

1. Sit, and keep your leg supported on a stool, as shown
2. Point your toes to the left, then to the right
3. Flex your foot toward your shin, then toward the floor
4. Repeat with other foot

- Do 3 sets of 20 repetitions, 1 time a day (for a total of 60 times for each foot)

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2. **Ankle Alphabet**

1. Slowly move your foot, writing the alphabet one letter at a time
2. Do not let your hip or knee move

- Do 3 sets with each foot, 1 time a day (1 set is 1 full alphabet)
- Rest 1 minute between sets
- Do 1 letter every 4 seconds

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### 3. Hip Marching with Alternating Arms

1. Sit in a chair with your hips and knees bent at 90-degree angles.
2. Lift up your right leg and left arm, as shown.
3. Lower your arm and leg.
4. Repeat with your left leg and right arm.

- Do 3 sets of 20 repetitions, 1 time a day (for a total of 60 on each side).
- Do not use any weights.
- Rest 1 minute between sets.
- Do 1 repetition every 4 seconds.
4. Knee Extension with Weight

1. Place the weight on the ankle you are exercising
2. Sit with your knee bent at a 90-degree angle
3. Fully straighten your knee
4. Return your foot to the start position and repeat
5. Repeat with the other leg

- Do 3 sets of 10 repetitions, 1 time every other day (for a total of 30 times for each leg, each day you do this exercise)
- Use ____ pounds
- Rest 1 minute between sets
- Do 1 repetition every 4 seconds
5. Shoulder Flexion

1. Sit or stand with your arms at your sides, palms facing in
2. Raise your left arm up in front of your body, above your head as shown
3. Raise your right arm as you lower your left arm
4. Repeat

- Do 3 set of 15 repetitions, 1 time a day (for a total of 45 times each day)
6. Shoulder Abduction

1. Sit or stand with your arms at your sides, palms facing forward.
2. Lift your arms out to the side, then and up above your head as shown.
3. Return to start position.
4. Repeat.

- Do 3 sets of 15 repetitions, 1 time a day (for a total of 45 times each day).
- Rest 1 minute between sets.
- Do 1 repetition every 4 seconds.
7. Chair Dip (Seated Pushups)

1. Sit on a firm surface, such as a chair or a bench, with your arms at your sides.
2. Push down with both hands, raising your buttocks off the chair or seat.
3. Return to start position.

- Keep your elbows straight (it sometimes helps to place a book on each side of your body, and place your hands on them).
- Do 3 sets of 10 repetitions, 1 time a day (for a total of 30 times each day).
- Rest 1 minute between sets.
- Do 1 repetition every 4 seconds.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

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