

减肥手术后的活动

本手册介绍了减肥手术后的运动目标□ 活动注意事项。

手术后的日常活动

温和的运动有助于加速康复。它还可助于预防呼吸道感染、血栓及便秘。

您应该在手术后第二天开始步行计划

- 步行时，感觉应该是轻度到中度的活动，或在感知出力评分（RPE）表中低于 5 分。感知出力评分（RPE）表是一种衡量运动时用力程度的方法。请参考右侧表格。
- 从每天 3-4 次短途步行开始，随着身体开始恢复，逐渐增加每次步行的时间。目标是在 6-8 周后增加到每天散步一次，每次 30 分钟。请参阅下面的锻炼计划示例。
- 经医生批准后，可以恢复术前的日常锻炼。

Rating of Perceived Exertion (RPE) Scale

锻炼的目标区	RPE	活动量	说话测试
	0	非常非常轻	静止时
	1	非常轻	慢走或散步
	2	很轻	步伐稳健、不气喘
	3		
	4	有些难度	走路轻快、 能与人交谈
	5	有难度	走得非常快，每说 4 到 5 个字就必须喘 一口气
	6		
	7	很艰难	不能边说边走
	8		
9	非常非常艰难		
10			

锻炼的目标区

表格改编自 Avers, D., & Brown, M. (2009)。老年人体能训练权威性文件报告》。老年物理治疗杂志》，32（4），148-152 页。

运动计划示例

第 1 周	第 2 周	第 3 周	第 4 周	第 5 周	第 6 周
每日步行 4 次，每次 5 分钟	每日步行 4 次，每次 7 分钟	每日步行 3 次，每次 10 分钟	每日步行 2 次，每次 15 分钟	每日步行 1 次 20 分钟再步行一次 10 分钟	每日步行一次 30 分钟



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保护您的腹部

- 在医生认可之前，切勿举起任何超过 10 磅（约一加仑牛奶的重量）的物件。
- 确保不要屏住呼吸或作任何出力的运动。

切勿做任何会拉伤腹部肌肉的动作或运动，如从躺着的姿势坐直。可使用“滚木方式”上下床。

– 请看下图

“滚木方式”的技巧

第 1 步:



第 2 步:



第 3 步:



步行是减肥手术后促进恢复的重要部分。

您有疑问吗?

我们很重视您的提问。如您有任何疑问或顾虑。请致电您的医生或医疗提供者。

我的医疗提供者:

Activity After Bariatric Surgery

This handout gives exercise goals and activity precautions to follow after bariatric surgery.

Daily Activity After Surgery

Gentle exercise helps to speed up recovery. It also helps prevent respiratory infections, blood clots, and constipation.

You should begin the walking program the day after surgery.

- When you are walking, it should feel like gentle to moderate activity or less than a 5 on the *rating of perceived exertion (RPE)* scale. The RPE scale is a way to measure the amount of effort you are using during exercise. See the table to the right.
- Start with 3-4 short walks daily and gradually increase the time of each walk as you start to recover. The goal is to build up to one 30-minute walk daily after 6-8 weeks. See the sample exercise program below.
- After you have been cleared by your doctor, you can return to your pre-operative exercise routine.

Rating of Perceived Exertion (RPE) Scale

Goal Training Zone	RPE	Workload	Talk Test
	0	Very, very light	At rest
	1	Very light	Gentle walking or strolling
	2	Fairly light	Steady pace, not breathless
	3		
	4	Somewhat hard	Brisk walking, can hold a conversation
	5	Hard	Very brisk walking, must take a breath every 4 to 5 words
	6		
	7	Very hard	Cannot talk and keep pace
	8		
9	Very, very hard		
10			

Table adapted from Avers, D., & Brown, M. (2009). White Paper Strength Training for the Older Adult. *Journal of Geriatric Physical Therapy*, 32(4), 148-152.

Sample Exercise Program

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
4 walks for 5 minutes	4 walks for 7 minutes	3 walks for 10 minutes	2 walks for 15 minutes	1 walk for 20 minutes + 1 walk for 10 minutes	1 walk for 30 minutes



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Protect Your Abdomen

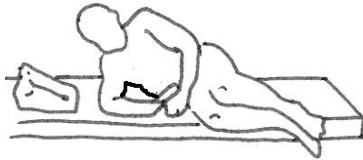
- Do not lift anything that weighs over 10 pounds (about the weight of a gallon of milk) until your doctor says it is okay.
- Make sure to not hold your breath or strain with movement.
- Do not do any movements or exercises that strain your abdominal muscles, such as sitting straight up from a lying position. Use a “log roll” to get in and out of bed.
 - See picture below.

“Log Roll” Technique

Step 1:



Step 2:



Step 3:



Walking is an important part of recovery after bariatric surgery.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

My provider:
