



Policy: Exercise Post-Bariatric Surgery

Bariatric-06

Purpose: To ensure an appropriate exercise program following bariatric surgery

Policy: Exercise programs may or may not be appropriate for the bariatric resident. The following exercise program will be followed with a physician's order. The physician will determine and order the appropriate exercise program for the bariatric resident with or without the assistance of therapy.

Procedure:

Discharge From the Hospital Through Three (3) Weeks

1. Walk short distances several times per day, every day.
2. Move ankles and legs for improved circulation.

3 Weeks Through 3 Months

1. Get at least 30–45 minutes of exercise daily.
 - No abdominal exercises should be done until bariatric residents are 3–4 months post-operative.

3 Months Through One (1) Year

1. Make exercise a habit that will promote:
 - a. Psychological benefits
 - b. Health benefits
2. Exercise 3–5 times per day for at least forty (40) minutes per day.