

THE FIRST GLANCE

EXERCISE GUIDELINES POST ABDOMINAL SURGERY

Week 0-2	Walking ONLY “Suck and Hold”
Week 2	Stationary Bike Walking on a Treadmill INCLINE OK Leg Weights Arms – No More than 10-15 lbs
Week 3	Step Machines
Week 4	Elliptical Upper Body Weights Overhead Weights (if NO muscle repaired) Planks
Week 6	Running
Week 8	Yoga Sit ups Overhead Weights (if muscle repaired) Swimming * <i>All incisions MUST be closed and healed airtight for a minimum of 2 weeks prior to swimming or any water related activities</i> *

Please keep in mind that these are guidelines and that all recovery periods may vary person to person. If you have questions in regards to specific exercises or activities please call the clinic at **204-885-1419**.