

THE FIRST GLANCE

EXERCISE GUIDELINES POST BREAST SURGERY

Week 0-2	Walking ONLY
Week 2	Stationary Bike Walking on a Treadmill INCLINE OK Leg Weights and Abs Arms – No More than 10-15 lbs
Week 3	Step Machines
Week 4	Elliptical Upper Body Weights- <i>no bench press/push ups if Implants</i> Overhead Weights
Week 6	Running
Week 8	Yoga 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> * Clear to do Unlimited Exercise

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**.