

# THE FIRST GLANCE

## EXERCISE GUIDELINES POST SURGERY

<b>Week 0-2</b>	Walking ONLY
<b>Week 2</b>	Stationary Bike Walking on a Treadmill INCLINE OK Leg Weights and Abs Arms – No More than 10-15 lbs No Above Head Exercises (Lat Pull Down/Chin Ups/Pull Ups)
<b>Week 3</b>	Step Machines
<b>Week 4</b>	Elliptical Upper Body Weights- no bench press/push ups if Implants Overhead Weights
<b>Week 6</b>	Running Clear to do Unlimited Exercise
<b>Week 8</b>	Yoga Swimming

*\*\* All incisions MUST be closed and healed airtight for a minimum of 2 weeks prior to swimming or any water related activities \**

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**.