

# THE FIRST GLANCE

## Exercise Guidelines Post Breast 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
<b>Week 3</b>	Step Machines
<b>Week 4</b>	Elliptical Upper Body Weights- <i>no bench press/push ups if Implants</i> Overhead Weights
<b>Week 6</b>	Running
<b>Week 8</b>	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 regard to a specific exercises or activities please call the clinic at **204-885-1419**.