



## MILE END GYM AND HYDROTHERAPY FACILITY

10 Railway Terrace, Mile End, 8354 9200

### POST LAP BANDING EXERCISE PROGRAMS – PROGRAM DETAILS.

This summary has been provided to advise medical practitioners and interested patients with a more detailed outline of expected exercise goals and exercise activities at specific times post surgery. It is expected that individual programs may vary slightly according to patient capacity and progress. Exercise sessions and progression will be fully supervised by physiotherapists.

Three gym sessions per week will be allocated to the Post Lap Banding exercise program.

<b>Phase</b>	<b>Goal</b>	<b>Time post Surgery (Approximate)</b>	<b>Exercise Program</b>
Phase 1	Introduce Cardiovascular Programme	1-2 weeks	Light resistance exercise bike Treadmill (if tolerated) Lower limb and upper limb stretching Walking as a group with Physiotherapist
Phase 2	Increase Cardiovascular Programme  Introduce Light Weights sessions	2-6 weeks	Increased resistance on exercise bike Treadmill Cross trainer (if tolerated) Stretching Light pin loaded weights eg chest press supported row Lat pull down Core stabilizing exercises using theraband Walking as a group
Phase 3	Discharge with Home Exercises and a clearer understanding of the importance of exercise.  Option of continuing on with gym programme.	6 weeks and onwards	Walking / riding regularly at home Stretching programme to follow Theraband exercises for home.