

# Bariatric Surgery Rehabilitation

Recovery Exercise After Your Bariatric Journey



## What is Bariatric Surgery Rehabilitation?

Bariatric surgery is a life-changing step towards improved health and well-being, but recovery does not end after surgery. Our bariatric surgery rehabilitation programme is tailored to support you at each stage of your journey, helping you regain strength, manage weight effectively, and develop sustainable lifestyle habits that promote long-term health.

## Why is Exercise Important After Bariatric Surgery?

### 1. Enhances Recovery

Physical therapy and guided exercise post-surgery help improve mobility, reduce pain, and prevent complications.

### 2. Builds Strength

Maintaining muscle mass is essential for a healthy metabolism and recovery; we guide you through safe, effective exercises.

### 3. Develops Sustainable Habits

We focus on building habits that support your goals and address the physical and lifestyle changes after surgery.

## Our Bariatric Rehabilitation Approach

### Personalised Programmes

Each person's journey is unique. We assess your needs and tailor a programme that respects your goals, challenges, and lifestyle.

### Nutritional and Lifestyle Support:

We partner with nutritionists to provide education on meal planning, portion control, and the importance of nutrients to complement your rehab journey.

### Safe Exercise Techniques:

Exercise is an integral part of recovery. Our physiotherapists specialise in designing low-impact, progressive routines to build strength, enhance flexibility, and improve cardiovascular health.

# Your Rehabilitation Journey

## Phase 1: Initial Recovery

### Weeks 1-4

Daily Activities:

- Gentle walking (5-10 min)
- Deep breathing exercises
- Simple stretches
- Seated movements
- Rest as needed

*Focus: Recovery & Mobility*

● Week 1

● Week 5

## Phase 3: Maintenance

### Weeks 8 Onwards

Regular Activities:

- Cardio (30-60 min)
- Strength training
- Flexibility work
- Group fitness classes
- Daily activity goals

*Focus: Long-term Success*

## Phase 2: Building Strength

### Weeks 5-8

Progressive Activities:

- Walking (15-30 min)
- Light resistance bands
- Core stability exercises
- Water exercises
- Balance training

*Focus: Strength & Stability*

● Week 8

## Additional Recommendations for a Successful Recovery

- by American Society for Metabolic and Bariatric Surgery (ASMBS)

### 1. Balanced Nutrition for Healing

- **Take Small, Frequent Meals and Stay Hydrated:**

Eat smaller portions more frequently to help manage hunger and support steady energy levels throughout the day.

- **Hydration:**

Drink at least 6 - 8 cups of water daily. Avoid drinking with meals to prevent feeling too full or bloated.

## 2. Stay Active in Daily Life

- **Move Often:** Incorporate light movement like walking around the house every hour, especially if sitting for extended periods. Use household chores as exercise.

## 3. Mindful Eating Habits

- **Eat Slowly:** Take your time to chew thoroughly. This can help with digestion and prevent overeating.

## 4. Set Realistic Goals

- **Focus on Progress, Celebrate Small Wins:**  
Recognise and celebrate small milestones in your recovery journey, like increasing stamina or improving your diet.

## 5. Attend Follow-Up Appointments

- **Regular Check-Ins:** Follow your healthcare provider's recommended schedule for check-ups to monitor your progress and adjust your recovery plan as needed.

## When to Contact Your Healthcare Team

### When can I start my rehabilitation programme?

We recommend beginning with light movement as soon as your surgeon clears you, typically within 1 - 2 weeks post-surgery.

### Why should I exercise after weight loss/bariatric surgery?

Our tailored exercises are designed to support your weight loss while preserving and building muscle mass, helping you achieve balanced and sustainable results.

### How long should I continue the rehabilitation programme?

Most clients benefit from a structured rehabilitation programme lasting 3 - 6 months. After this, we encourage transitioning to a maintenance programme to sustain progress, along with regular follow-ups and building a sustainable, active lifestyle.



## How to Make an Appointment

Your care team at Picaso will advise you on the physiotherapy services required for your treatment. Appointments for your physiotherapy sessions can be made with Rehab Concept PJ:

### REHAB CONCEPT PJ

A-7-G & A-7-M, Jaya One, 72A,  
Jln Profesor Diraja Ungku Aziz, Seksyen 13,  
46200 Petaling Jaya, Selangor 2.

**Contact Number :** 012-688 9744

**Operating Hours :** Monday - Saturday  
9:00 am - 5:00 pm



**Scan to Chat  
on WhatsApp**

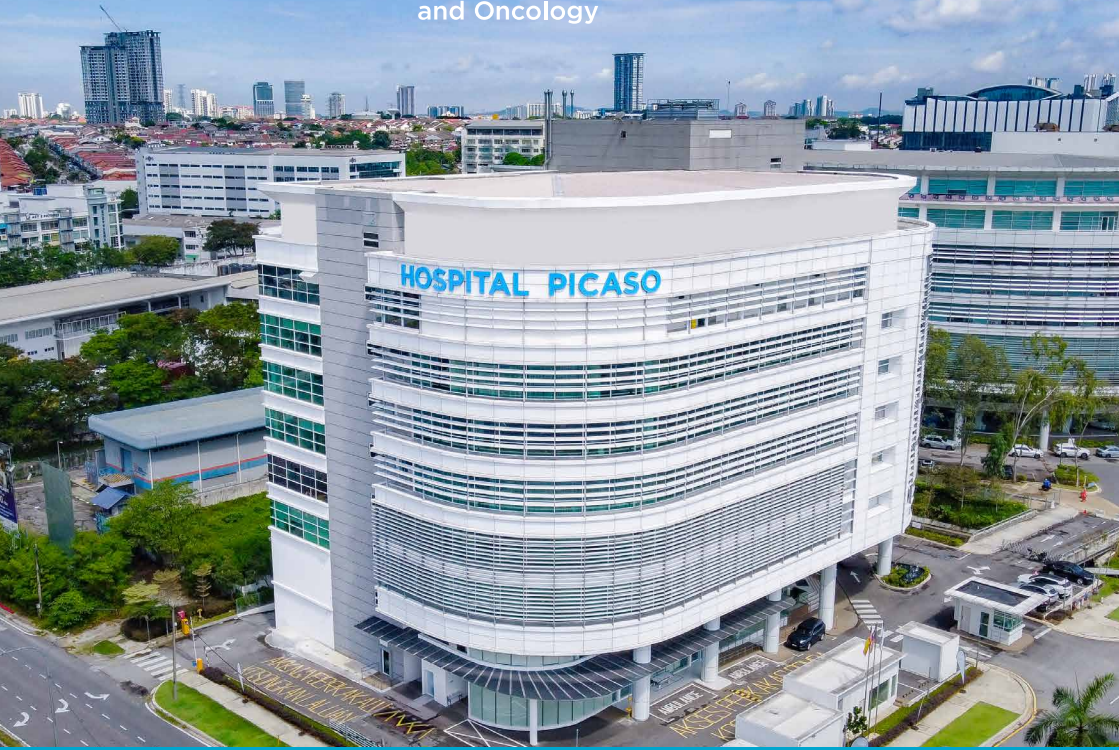
Please bring all relevant diagnostic test results (i.e. X-ray, MRI, etc) as well as other documents as advised by your care team. You are recommended to wear loose, breathable clothing for your assessment/treatment sessions.



# Picaso

HOSPITAL PICASO

PJ Integrated Centre  
for Advanced Surgery  
and Oncology



## HOSPITAL PICASO

No. 110, Jalan Professor Khoo Kay Kim,  
Seksyen 19, 46300 Petaling Jaya,  
Selangor Darul Ehsan, Malaysia

**Emergency Line : +603-7457 2999**

**General Line : +603-7457 2888**

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