

# SurgiFIT Exercise Program

## Exercises to prepare you to be FIT for surgery

Before surgery it is important to build fitness with both aerobic and strengthening exercises.

Walking is often the easiest aerobic exercise to do. If possible, build up to 30 minutes or more per day at a light to moderate level – be able to ‘walk and talk’. Not everybody can may not be able to walk this much – do whatever you can manage. Some may be able to walk more.

Strengthening is also very important:

- ♥ Begin with 1 set of 10-15 repetitions of each exercise. Increase to 3 sets if able.
- ♥ Try to do strengthening exercises 2-3 times per week, and try to walk every day
- ♥ If you get chest pain, dizziness or extreme shortness of breath, stop exercising until symptoms ease. Consult your Doctor or Physiotherapist before continuing with the exercise program.

**Exercise should never cause pain.**

### Bicep curl – standing with dumbbells □



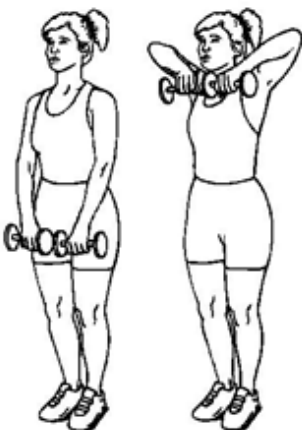
#### Instructions

Sit or stand with feet shoulder width apart, arms straight down at sides, palms forward. Slowly curl weights toward shoulders keeping elbows tucked in. Slowly return to starting position

#### Progressions

Increase weight of dumbbells.

### Upright row □



#### Instructions

Stand or sit with weight together at thighs. Lift hands and elbows up body to upper chest. Elbows should be higher than hands. Slowly return to starting position

#### Progressions

Increase weight of dumbbells.

## Wall push ups



### Instructions

Stand and lean forwards with hands at shoulder height on a wall. Practice doing push-ups through your hands. Keep your hips straight.

### Progressions

Do the push up from the kitchen bench or a stable table

## Shoulder press



### Instructions

Sit or stand with weights in your hands. Start with your elbow bent and hand at your shoulder. Push the weight up to the ceiling then lower down.

### Progressions

Increase weight of dumbbells.

# Lower Body Strengthening

## Knee strengthening



### Instructions

Sit in a chair with your feet on the ground. Straighten your knee then lower. Repeat. Then do the other side.

### Progressions

1. Add a stretch band or some weight around your ankle
2. When the knee is in the straightened position add in a hold.

## Sit to stand from chair □



### Instructions

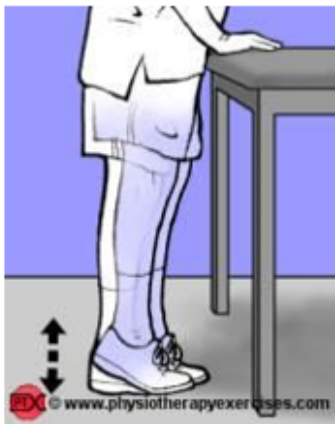
Sit on a chair with arms crossed and feet shoulder width apart. Lean forwards and stand up, then sit back down.

Try not to use your hands, but if needed holds the rails for balance.

### Progressions

1. Lower the height of the chair.
2. Perform very slowly.

## Bilateral calf raises □



### Instructions

Stand with your feet together and hold onto something very stable. Rise up - onto your toes as high as is comfortable then lower back down.

### Progressions

1. Wear a backpack with items in it to increase the weight
2. Try doing the exercise on one leg
3. Try on the edge of a step – lower the heels over the edge of the step.

## Squats □



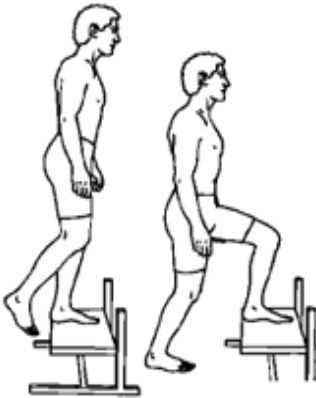
### Instructions

Hold onto something stable. Keep feet flat on floor, shoulder width apart, bend at knees while moving your bottom back - as if you were going to sit on a chair, then stand up.

### Progressions

1. Hold the squat for longer
2. Squat more deeply

## Step up/down



### Instructions

Using a step with a rail - step up onto the first step and then step down. Lead with one leg for 5-10 steps, then swap and lead with your other leg.

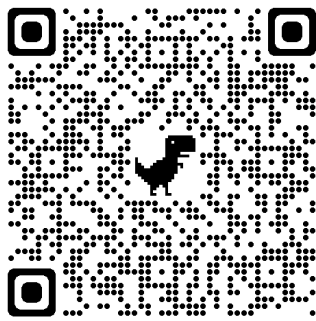
### Progressions

Increase repetitions.

## SURGERY AND PHYSIOTHERAPY EXERCISE

Physiotherapy exercise is also required after your surgery to help recovery.

To prepare for your surgery, you and your family/support person should watch the **Physiotherapy Pre-Surgery Education video** before coming to hospital. Use your smartphone to scan the correct QR code. This will take you to The Prince Charles Hospital website



**Cardiac Surgery**  
**Recovery After Open Heart Surgery**



**General Surgery**  
**Physiotherapy Pre-Surgery Education**

Scroll down to the correct video. Watch this **at least once** before coming into hospital.

Start your physiotherapy exercises as soon as you wake up after your surgery – deep breathing exercises, arm/leg exercises, walk regularly as directed by staff, and sit upright in a chair when you can. Speak to staff if you are not sure what to do.

For further information, please contact the Prehabilitation Physiotherapist on 3139 7201.

## Your questions

If you are unsure about anything in this information sheet, write down questions for your care team:

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