



Exercise After Surgery

Exercise is an important factor in your recovery after surgery. You are advised to walk most days and increase your exercise gradually. You should aim to make walking part of your daily routine.

A guide to walking is shown below. You should try to exercise or walk on more than 5 days of the week for more than 30 minutes. You should be somewhat out of breath.

Week 1	5-10 minutes of brisk walking daily
Week 2	10-15 minutes of brisk walking daily
Week 3	15-20 minutes of brisk walking daily
Week 4	20-25 minutes of brisk walking daily
Week 5	25-30 minutes of brisk walking daily
Week 6	30-35 minutes of brisk walking daily

How breathless should I be when exercising?

0	Nothing at all
0.5	Very, very slight (just noticeable)
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe
6	
7	Very severe
8	
9	Very, very severe (almost maximal)
10	Maximal

GOAL

You should feel slightly short of breath but still be able to speak

Rest

It is important to make sure that you get as much rest as you need. The amount and type of exercise which patients are able to do in the early weeks is extremely variable so try not to compare yourself to others. The best guidelines are what you can do without becoming too tired or too short of breath. You should not feel tired from exercise you did yesterday.



When you have achieved your goal of **30 minutes walking per day (usually after 6 weeks)**, you may want to further progress your physical activity levels. Here are some resources that you may find helpful:



Siel Bleu are a not for profit organisation who provide life enhancing exercise programmes, with the aim of improving overall wellbeing. They run community based programmes, one-to-one exercise programmes, and free online exercise classes. Find out more at <http://www.sielbleu.ie/>



ExWell Medical offers community-based supervised exercise classes, home-based programmes and online exercise classes to people with many different long term illnesses. Find out more at www.exwell.ie



ARC Cancer Support provides services free of charge to anyone affected by cancer as well as their loved ones. They are currently running physiotherapy-led online exercise classes for people living with or recovering from cancer. Their support services are available Monday - Friday from 10am - 4pm. Please call [01 215 0250](tel:012150250) or email info@arccancersupport.ie



<https://www.cancer.ie/>

Information on exercise can be found at → Cancer information and support → Staying well while staying home → Home exercises for cancer patients and survivors



The Macmillan Cancer Support's "Move More" programme is a national campaign in the UK to support people living with cancer to become, and stay, more physically active and improve health throughout their cancer experience. Their gentle activity videos that you can do at home can be found via the link below:

<https://www.youtube.com/playlist?list=PL4YhGgVzIQXjhq6UYbX7idSDYcPX5PRy9>

If you require further information, please contact the physiotherapy department:

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