Physical Therapy After Bariatric Surgery

Physical therapy plays an important role in the preparation and recovery from Bariatric surgery. Together with Penn Medicine Bariatric, we work with patients during various points of their experience.

Through education at the Penn Medicine Bariatric Support group you will learn how physical therapists can help patients address the many aspects of recovery and help ensure the most successful outcomes by:

- Creating an individualized treatment program.
- Assist you with understanding the benefits of exercise and the role it has on your new lifestyle.
- Educate you on how to exercise safely before and after your procedure.
- Educate you on how to monitor your vital signs.
- Provide physical and emotional support.
- Help you find ways to monitor your progress and stay MOTIVATED!

Each person’s weight loss journey is unique, and requires different levels of physical therapy. The physical therapy needs a person may encounter during their weight loss journey will vary and may or may not include the following:

- **Outpatient Physical Therapy**: The most common use of physical therapy for bariatric surgery patients. This can be started before surgery and/or after surgery once cleared by your doctor. Outpatient therapy will focus on safety, regaining strength, improving endurance and creating an individualized exercise program in order to help you manage your weight loss.

- **Acute Physical Therapy**: This occurs during your hospital stay. If your nurse identifies a mobility issue, physical therapy can be consulted to assist with starting your mobility program.
• **Home Physical Therapy**: If you require acute physical therapy, you may be set up with home physical therapy. This is when a therapist comes directly to your home to continue to monitor and progress your exercise program until you are able to go to an outpatient therapy.

**Staying Motivated During Recovery**

Bariatric surgery is a lifestyle change and can be challenging at times. Working in physical therapy will provide the tools needed for a successful recovery, but it is up to the patient to make sure to implement the new education and lifestyle changes into their life.

Here are some tips to keep you focused and motivated throughout your recover and form healthy routines to continue on your own:

• *Surround yourself with supportive and dependable friends and/or family.*
• *Monitor your progress.*
• *Attend support groups.*
• *Try new things or pursue a new hobby that has always interested you.*
• *Chose healthy rewards, such as going on a trip or buying new clothes to reward yourself.*
• *Learn from your mistakes! A failure is only a failure if you do not learn from it. Learn to evaluate what went wrong so that you can correct it next time and make it into a success!*

**Here are some helpful links to help you get your journey started:**

• [Find out more about Penn Medicine Metabolic and Bariatric Surgery Program!](#)
• [Come see us speak or get information on the latest support group topics!](#)
• [Find a Penn Therapy & Fitness outpatient therapy location near you!](#)

**About the Blogger:**
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