Exercise Guidelines

• **Week 1 – 6:** Walk, elliptical, stationary bike
  • NO swimming/hot tub
  • Moderate and consistent movement plan

• **Week 6+:** Most restrictions are lifted
  • Ease into weight lifting
  • As you heal, you will need to change:
    • **Duration** of time you exercise
    • **Distance** of each type of exercise
    • **Type** of exercise:
      • Biking, swimming, tennis, weight lifting
    • **Intensity**:
      • Level, speed, or resistance of machine