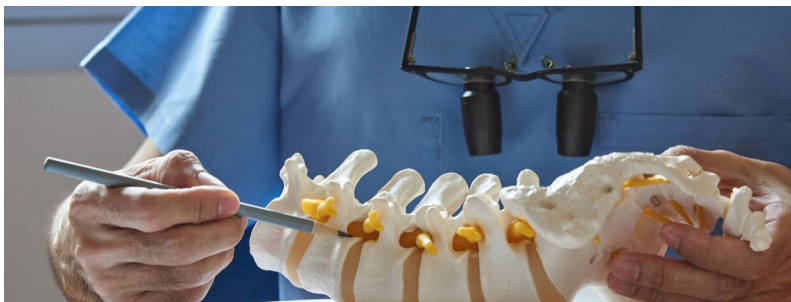


THE DAILY MOVEMENT

THE RIGHT EXERCISE ADVICE, FROM THE EXPERTS

EXERCISE FOR PRE & POST OPERATIVE EXERCISE

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The average wait time for surgery in Australia is 35 days. This period of time can be used effectively with the guidance from your surgeon and allied health professional to gain better post-surgical outcomes. Preoperative exercise helps with pain, function, aerobic fitness and strength. This is beneficial as post-surgery one will generally be subject to bed rest and little physical movement which will cause significant deconditioning in a short period of time.

Postoperative exercise rehabilitation has improved significantly in recent years, with much better outcomes and a higher percentage of people returning to previous function, or better!! This is related in part to improvements in surgical procedures, earlier mobilisation and rehabilitation following surgery and more widely available inpatient/outpatient rehabilitation programs.

How exactly can exercise help you?

1. Improved tolerance to activities and postures.
2. Reduced pain.
3. Improved strength, muscle mass and power.
4. Prevent re-injury.
5. Improved healing.
6. Reduced postoperative complication rates and length of hospital stay.

We understand that the thought of exercising may seem daunting. You most likely have more questions than answers. What type of exercise should I do? How do I get started? In this issue of The Daily Movement, we endeavour to answer your questions by delving deeper into the types of exercise that are most effective, plus some helpful tips to get you going.

DID YOU KNOW??

Consistency pays dividends for years to come.

Early intensive postoperative rehabilitation is essential as it builds the foundations for returning to maximal function following surgery. The right exercise can help manage swelling, scar tissue build-up and improving range of motion.

Preoperative rehabilitation will provide substantial benefits to your postoperative outcomes. You can make improvements in strength, endurance and aerobic fitness before surgery is even performed. People who perform prehabilitation will always recover faster after surgery.

TRUE OR FALSE?

- 1 Elective surgery lists and wait times in the public system are increasing.
- 2 Prehabilitation programs are expensive.
- 3 41% of surgeries were for people aged over 65.

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OUT THE ANSWERS



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WHAT EXERCISE AND WHY

Resistance training will be beneficial in improving strength and endurance for daily tasks while managing pain/discomfort. This will be beneficial for both preoperative and postoperative circumstances. Both land and water-based aerobic training can be effective too. Aerobic exercise can help stimulate blood and lymph circulation which is crucial for healing. The aim is to accumulate 150 minutes of total exercise throughout the week in small, non-provocative bouts. More can be performed if tolerated. Stretching daily will play a role in improving flexibility or range of motion and significant muscle and joint stiffness can result from surgical procedures.

Resistance Training



Resistance training involves activities like lifting weights or using your own body weight as leverage to stress your muscles.

Aerobic Training

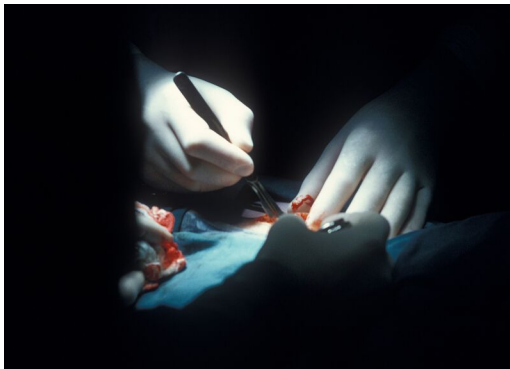


This is the type of exercise that will get you huffing and puffing. Think things such as a brisk walk and cycling

Flexibility training



Refers to stretching, these movements can be both static or movement based. This helps keep our joints moving as they should.



YOUR CHECKLIST FOR A PERFECT LIFESTYLE AND EXERCISE PLAN

- ☐ Aim to perform at least 150 mins of exercise per week.
- ☐ Incorporate stretching, aerobic and resistance training into an exercise plan.
- ☐ Form a weekly plan of WHEN and WHAT exercise will occur.
- ☐ No more than 2 consecutive days without exercise.
- ☐ If further guidance is needed or you are not seeing the results you expect, see an Accredited Exercise Physiologist.

TIPS FOR GETTING STARTED

- ✓ Remember that exercise is medicine! It is best when incorporated into a daily strategy to assist in the management of your injury or condition.
- ✓ Heed the advice of your doctors and allied health professionals. They will be able to provide more specific guidelines for your current ability and type of operation.
- ✓ Be patient. As your function improves and post-surgery side effects subside, ensure you employ pacing strategies to avoid large increases in load and prevent setbacks.



TRUE OR FALSE ?

- 1 True.** In 2017-18, about 874,000 patients were added to public hospital elective surgery waiting lists, with an estimated growth of 2.4% per year. In 2017-18, the average waiting time for admission for elective surgery was 40 days, up from 36 days in 2013-14.
- 2 False.** Although it seems counter-intuitive, completing exercise prior to surgery can save significant amounts of money. Figures vary significantly as do types of surgery and possible complication however, research suggests a saving of between \$1200 and \$21,946 per patient.
- 3 True.** According to data collected by the Australian Institute of Health and Welfare, 41% of surgeries were for people aged over 65.