



KITA SUGG
Exercise Physiology

Safe Movement After Surgery

Your Gentle Guide to Getting Started

You're Not Alone in Feeling Nervous

After surgery, it's normal to feel unsure about moving again. You might wonder: Am I doing too much? Could I hurt myself? What's the right way to rebuild strength? At the same time, sitting still too long can slow recovery and make you feel stuck. The right type of gentle movement helps your body heal, improves circulation, and supports your confidence as you recover. What's safe and how you start will depend on the type of surgery you've had — and that's okay. The goal is steady, supported progress

Stage 1: Gentle Circulation & Mobility

In the early days after surgery, the focus is on gentle movements to keep your blood flowing and prevent stiffness. These small actions help your body heal while keeping you safe.

Examples: Ankle pumps, deep breathing, gentle shoulder rolls, short supported walks.

Stage 2: Light Functional Movement

As your confidence grows, you can start reintroducing everyday movements. These help you build coordination and strength for normal tasks like standing, walking, and reaching.

Examples: Sit-to-stand from a chair, supported squats, wall push-ups.

"This guide provides general information only and is not a substitute for professional advice. Always follow your surgeon's or Exercise Physiologist's instructions."

Stage 3: Gradual Strength Building

When you're ready, adding light resistance and controlled movements helps rebuild strength. This stage is still gentle but moves you closer to your usual activity levels.

Examples: light resistance band exercise, supported step-ups, gentle core activation.

When to Seek Professional Support

Everyone's recovery is unique. The right approach depends on the surgery you've had and your personal goals. If you're unsure what's safe or need a tailored plan, an Exercise Physiologist can guide you with expert advice, ensuring you move safely and confidently.

Ready to Move Safely Again?

Book a personalised Exercise Physiology session to support your recovery and get back to the things you love — safely and confidently.

Visit: www.kitasuggphysiology.com.au

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