

Physical therapy after Bariatric surgery

One of the most critical factors for long term success after weight loss surgery is exercise. Engaging in both aerobic and resistance exercise will promote total body conditioning and help maintain a healthy weight. Our physical therapists can assist you in developing an exercise program that is safe and specific to your individual needs. We can also help you establish and implement an effective home exercise program that you will feel confident continuing on your own after discharge.

You may benefit from physical therapy if you ...

- need help getting started with a safe and effective exercise program.
- have neck or lower back pain, which makes it difficult to exercise.
- have trouble walking on uneven surfaces, such as through grass, over curbs, etc.
- have burning pain that radiates down your legs with walking.
- get out of breath very easily with any activity.
- have trouble walking up and down stairs because it hurts your knees.
- feel unsteady on your feet, have a fear of falling or have had a fall in the last year.
- have to take frequent breaks throughout the day because of fatigue and weakness.
- are concerned about weight gain.

Getting started

An initial evaluation will be completed during your first visit to determine the types of exercise that will benefit you based on your current condition. After your exercise plan is developed, you will visit our clinic two to three times per week for one month. In this time you will learn how to safely exercise on your own, which can result in long term success with your weight loss goals.

Insurance coverage

Most insurance plans will cover physical therapy with certain diagnoses. Your physician can help you determine if physical therapy would be beneficial for you. It is always a good idea to verify your benefits with your insurance company. A physician referral is required to begin our therapy program.

Call (256) 265-7101 for more information or to schedule an appointment.



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