

Preoperative Optimisation Guide

Role of Exercise and Physiotherapy prior to Bariatric Surgery

Exercise as a core component

If you are scheduled to undergo bariatric surgery it is highly encouraged to initiate a structured physical activity & lifestyle modification prior to surgery as part of comprehensive multidisciplinary care.

- Strength of recommendation: Strong
- Level of evidence: High

Improve your functional capacity and surgical readiness

Structured preoperative exercise improves cardiorespiratory fitness, exercise tolerance, and physical function, which are important predictors of your perioperative risk and postoperative recovery

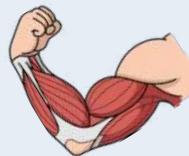
- Strength of recommendation: Strong
- Level of evidence: Moderate



Preserve lean muscle mass and promote favourable body composition

Preoperative exercise, particularly resistance exercises combined aerobic training, is highly encouraged to preserve lean muscle mass and promote preferential fat loss during preoperative weight reduction

- Strength of recommendation: Strong
- Level of evidence: Moderate



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Support long-term weight loss maintenance and behavioural adaptation

Preoperative exercise promotes behavioural adaptation and improves long-term adherence to physical activity, which is essential for sustained weight loss and prevention of weight regain after bariatric surgery

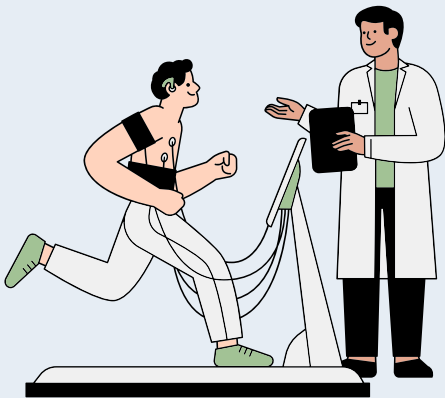
- Strength of recommendation: Strong
- Level of evidence: Moderate



Physiotherapy-guided exercise

Physiotherapy assessment and supervised exercise programmes should be considered for patients with reduced functional capacity, musculoskeletal limitations, or significant physical deconditioning

- Strength of recommendation: Moderate
- Level of evidence: Low to Moderate



Improve cardiometabolic and respiratory health prior to surgery

Preoperative exercise may improve glycaemic control, insulin sensitivity, cardiovascular fitness, and respiratory function, which are important determinants of perioperative risk and recovery

- Strength of recommendation: Moderate
- Level of evidence: Low to Moderate



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Learn how to manage your condition with us today!

Meet Our Professionals



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