

Exercise Possibilities

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For those lap band patients who are interested in taking part in lower limb exercises, they can begin the process by working their legs in moving their feet up and down at the ankles. This particular exercise may be repeated 10 times.

While keeping a foot on the bed, patients should bend up and stretch each leg at alternating intervals, repeating this maneuver five times.

With legs positioned straight, tighten knees and easily squeeze buttocks. Keep this position for three seconds and then let it go. Repeat this particular exercise 10 times.