

SURGERY REHABILITATION

9 Strategies for Successfully Rehabilitating a Surgery and Coming Back Strong

1. DO THE TIME



1. There is no such thing as a "FAST HEALER."

You can not cheat your physiology. You can **only optimize your healing outcome.**



2. Be conservative!

Don't go back to training or activity too soon and sabotage your outcome.

Rehab protocols are built on the time it takes your body to heal!



3. Do not exceed the rehab guidelines from your doctor

They aren't trying to hold you back. They are protecting that surgery site!

2. Control swelling - THIS IS YOUR CHIEF GOAL!

Start Autogenic Compression in the FIRST HOUR after you wake up



1. Start Autogenic Compression to start to evacuate swelling (Like an H-Wave)



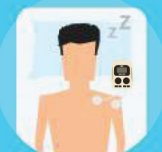
2. Talk to your doctor about this plan BEFORE surgery so she/he knows this is your plan.



3. OR Wear compression pants, socks, sleeves - compress as much of the limb as possible.



4. EVEN BETTER - attach the H-Wave and also wear compression.



5. Use the H-Wave and compression as much as possible including while sleeping as long as it doesn't disrupt your sleep.

3. Take control of your SLEEP



1. No Sleep = No Heal



2. Ask your doctor and the nursing staff not to wake you up during the night at the hospital.



3. Don't shy away from talking to your doctor about sleep medication IF you need help for a few nights.



4. Aim for 10 / hours / sleep / night for at least 6 weeks post surgery.

4. Focus on your nutrition

1. AT THE HOSPITAL



Avoid high-carbohydrate hospital staples like graham crackers and juice.



Consider bringing your own food.



If you are a coffee drinker, **this is NOT the time to quit.** That headache won't help anyone.

2. AT HOME



-100 gms Consider limiting **carbohydrates** to less than 100 grams/day.

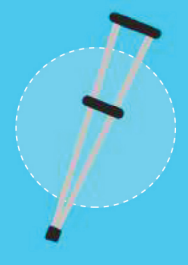


Avoid inflammatory carbohydrates like bread, cake, cookies, pasta, cereal.



Eat high quality protein, fats, and vegetables.

5. Use your crutches (if you have them)!



1. LEARN HOW TO USE THEM

Check out goo.gl/XhmfXF



2. LET YOUR TISSUES HEAL

Crutches are like a "de-load" week for your body.

6. Elevate as much as humanly possible - go high!



7. Start Intervals on an Assault Bike

You'll feel better and your tissues will benefit from the increased circulation.

1. WITHIN THE FIRST 2 DAYS (or when you feel ready)



2. INTERVALS - 50 seconds slow, 10 seconds hard for 20-30 minutes

8. Continue soft tissue smashing above and below the surgery



Visit thereadystate.com for more information

9. Continue training



Continue training your body parts not affected by the surgery IN your regular training community. **Don't become a hermit. You need your friends.**