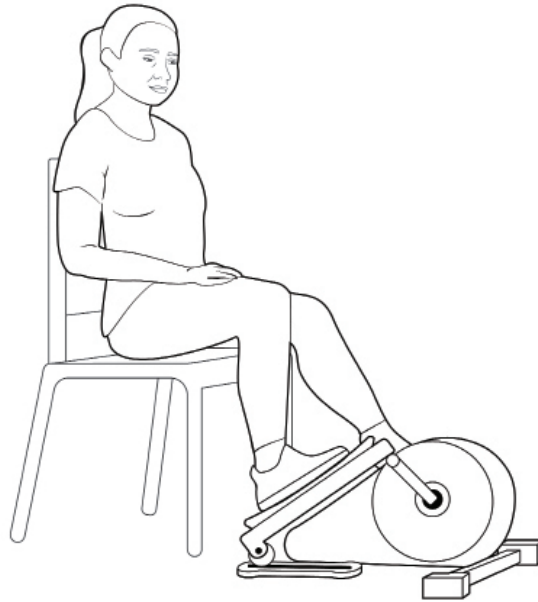


The Hemodialysis Exercise Program



Information for patients and families

Learn more about:

- The benefits of exercising during dialysis
- How to participate
- What to expect when joining the program
- Tips to help you succeed



What is the Hemodialysis Exercise Program?

The Hemodialysis Exercise Program will help maintain or improve your health by exercising while on dialysis. We encourage all patients on hemodialysis to be active and take part as much as they are able.

Most people can participate. What's best for you depends on your medical conditions and what you're able to do. The physiotherapist will assess you and help you decide which exercises are best and safest for you.

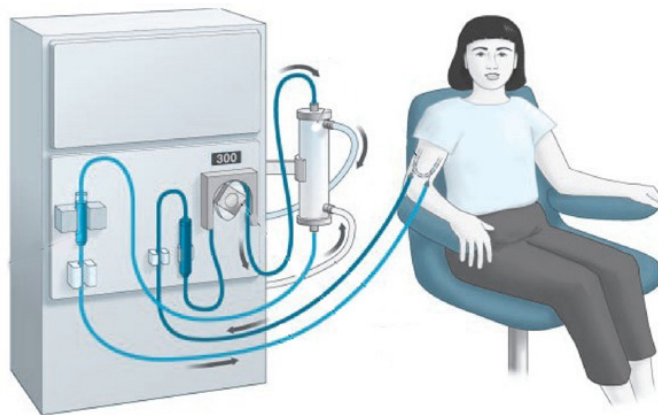


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what-when-how.com/acp-medicine/chronic-renal-failure-and-dialysis-part-3/

How do I join the program?

Speak to your nurse practitioner or nephrologist on the Hemodialysis Unit. They can write a referral for the physiotherapist to assess you.

You need to be stable on hemodialysis for at least 1 month before being seen by the physiotherapist.

What are the benefits of the Hemodialysis Program?

- ✓ Improve mood
- ✓ Increase energy levels
- ✓ Improve muscle strength and flexibility
- ✓ Make it easier to do daily tasks and activities
- ✓ Improve blood flow to muscles
- ✓ Better quality of sleep
- ✓ Improve the removal of waste from your blood during dialysis

Try the program for at least 3 months to see some results and benefits.

It can be challenging to exercise on dialysis when you first begin, but the PT and PTA will be there to keep you motivated and safe!

What can I expect when exercising during dialysis?

The physiotherapist or physiotherapy assistant check your blood pressure and heart rate before, during and after exercising. They keep track of your progress and how you're responding to the exercise.

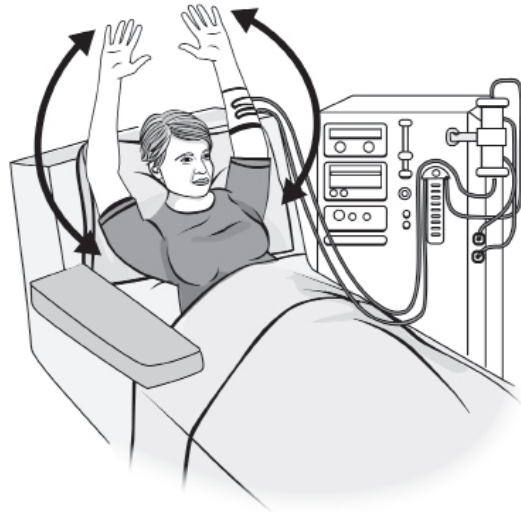
When it's safe to do so, the physiotherapist or physiotherapy assistant will encourage you to exercise on your own. Your role is to let us know if there are any changes in your symptoms. The physiotherapist, physiotherapy assistant and your nurse will continue to monitor you during exercise.

Talk to your medical team for more details!

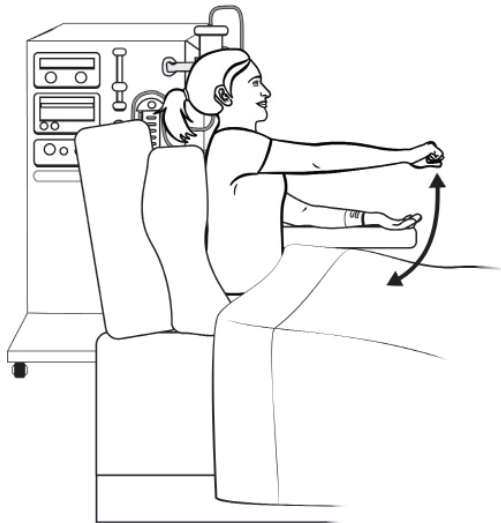
Types of exercise

The Hemodialysis Exercise Program usually includes some or all of these exercises:

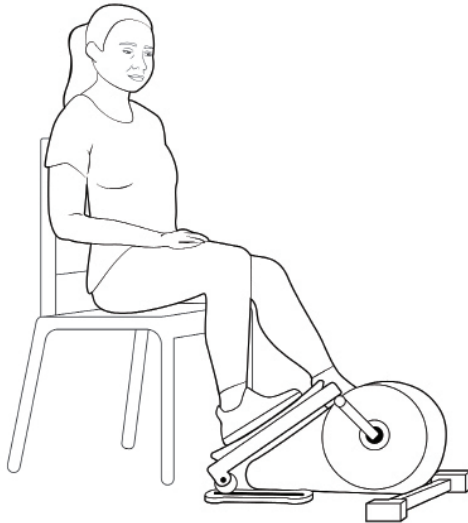
- **Flexibility exercises** – gently stretching muscles to improve flexibility and range of movement



- **Strengthening exercises** – lifting hand weights, ankle weights, elastic bands, or using your own body weight



- **Cardiovascular exercises** – using a stationary bike to challenge your heart and lungs and improve endurance



The physiotherapist can also suggest exercises you can safely do at home, or help by referring you to other exercise programs or resources in the community.



Stop exercising and tell your medical team right away if you:

- are very short of breath
- feel pressure or pain in your chest
- have a new irregular heart beat
- feel nauseous
- feel dizzy or lightheaded
- feel tired, more so than usual
- have new blurry vision with or without headache

The physiotherapist can adjust your exercise program if:

- you are breathing too hard to talk or have a conversation
- you don't feel you've recovered within 1 hour after you exercise
- your muscles feel too sore to exercise the next day
- you would describe your effort when exercising as **very hard** or **very, very hard**

How long does it take to see results?

- It can take 2 to 3 months to build up strength and see results.
- Your muscles may feel tired or sore the next day.
- It's normal to feel better on some days more than others. Try to exercise for even a short time when you can.
- Over time, your endurance will improve and you will be able to exercise for longer periods of time.

Can I take a break from the program?

There may be times when need to take a break from exercise, for example if you're sick or in the hospital.

Talk to your physiotherapist to get back on track when it's safe and when you're ready.



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