

How do I exercise when I am getting a dialysis treatment?

After you are set up on the dialysis machine, the physiotherapist or assistant will bring the leg cycle and weights to your chair and guide you through your exercise program.

What do I do if I am interested in this program?

If you are interested in joining this program, you should talk to a member of your health care team:

- Nephrologist
- Primary Care Nurse
- Dialysis Nurse
- Physiotherapist
- Physiotherapy Assistant

A referral will be made and a Physiotherapist will design an exercise program just for you.



When is the program available?

The program runs on Unit 2 for 12 weeks during the morning or early afternoon dialysis session.

The program runs Monday to Friday.

Outpatient Dialysis Exercise Program



**Physiotherapy
Department
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What is the outpatient dialysis exercise program?

This is a program that helps you exercise while you are having dialysis treatments. Your personal exercise program is planned by a Physiotherapist.

Physiotherapy Assistants work with the Physiotherapist and help you with your exercise program.

Your exercise program is designed to help you strengthen your heart and other muscles:

- To strengthen your heart, you will use a device that looks like a bicycle and allows you to cycle your legs while sitting in a chair
- To strengthen your muscles you will use ankle and/or wrist weights

Why is this program good for me?

You have a one-to-one assessment with a Physiotherapist to design a program to help you reach your goals. Your progress is also followed by the Physiotherapist and changes made when needed. You are always supervised by experts.

Here are some health benefits:

- better general fitness
- better physical function
- increased muscle strength
- increased control of body weight
- improved sleep
- may have better blood pressure control
- may decrease stress and feelings like depression

Are there any risks in this program?

There are no major risks. However, as with any exercise program, not all people will be able to join the program. For example, if you have an unstable medical condition you will not be able to take part.

People with a fistula cannot do some things with the fistula arm. You can talk to your Nephrologist, Primary Care Nurse or Vascular Access Nurse to find out more. The Physiotherapist can design a program for you with this in mind.

