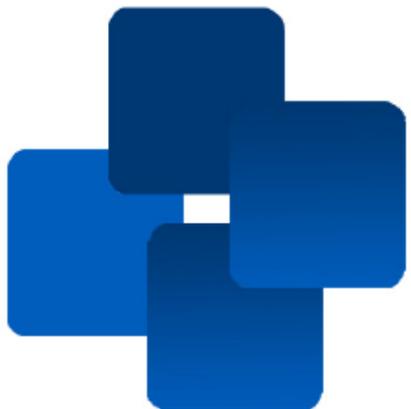


Exercise on Haemodialysis

Renal Department



Introduction

Exercising is important for all people, including those with kidney disease. It helps to maintain your mobility, fitness and quality of life. While you need dialysis it is good to be as active as you can, this includes exercise while having your dialysis treatment.

The following information is intended to guide you with regard to exercising on haemodialysis.

How do you exercise on dialysis?

After being cleared to exercise by a member of the renal team, you will need to make the dialysis staff aware that you wish to exercise, they will bring a small portable cycling machine to you and attach it to the end of your chair. Unfortunately a cycle machine for a bed is not available.

How much do people cycle on dialysis?

The cycling intensity and duration will be left for you to decide. You should not push yourself too hard and should feel comfortable throughout. Research has shown that you will achieve optimum benefits with around 60 minutes of moderate intensity cycling 3 times a week.

What if I feel like I can't exercise?

It will be possible for most patients to exercise. Some patients who have a need for a wheelchair day-to-day still find it possible to cycle on dialysis. The best policy is to start slowly and, as you get used to it, you can increase the speed, intensity and time as you feel comfortable. Hopefully you will enjoy cycling and make gains as you progress.

What are the benefits of exercise on dialysis?

There are many benefits to exercising on dialysis and different people can feel and experience some or all of these.

Exercising on dialysis can:

- Improve your ability and comfort when doing day-to-day tasks.
- Improve your sense of well-being, mood and enjoyment of life.
- Improve the efficiency of the dialysis machine cleaning your blood.
- Increase your general fitness and energy levels.
- Improve your confidence and independence at work and home.
- Relieve the boredom of being on dialysis.
- Improve your nutrition and appetite.
- Reduce unhealthy and increase healthy fats in your blood.
- Improve your blood pressure.
- Help to reduce cramps.
- If you are diabetic it may also improve your glucose control.

What other patients have said...

“I can walk further and find it easier to go shopping.”

“I enjoyed the exercise and have recommended it to other patients.”

“My friends notice that I look better and have more energy”

“It helps me pass the time and it seems like my dialysis is shorter”

This is just a brief introduction. If you would like more information please ask a nurse at your unit and they will be more than happy to answer your questions. There will also be 'exercise champions' who will be happy to talk to you about exercise on dialysis.

Useful Dialysis Unit Numbers

Lister:	01438 284152
Luton:	01582 497538
Bedford:	01438 286750
St Albans:	01727 897588
Harlow:	01279 278205

Questions that I would like to ask:

www.enherts-tr.nhs.uk

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