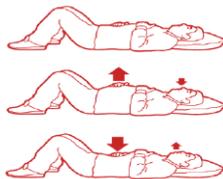
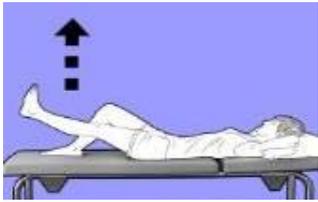
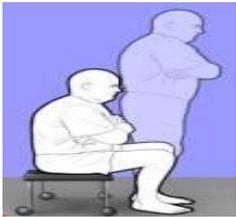
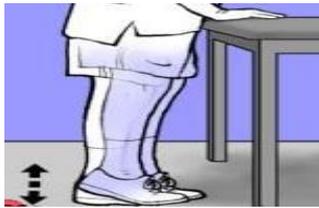


Group A – exercise programme

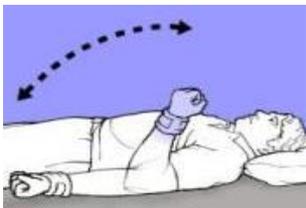
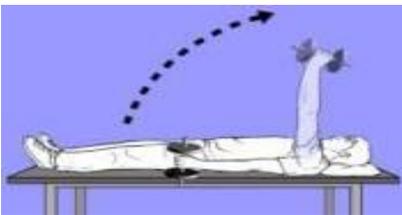
Information for patients waiting for a liver transplant

This sheet provides you with information on the exercise programme to follow before your liver transplant. If you have any questions, please speak to your healthcare team.

Trunk (abdominal) exercises		
<p>Diaphragm breathing</p> <p>Position: Lie on your back, place one hand on your stomach and the other on your chest. Bend your knees so your feet are flat on the ground/bed.</p> <p>Exercise: Slowly breathe in and feel your stomach rising and your chest hardly move. Then slowly breathe out and feel the stomach relax.</p> <p>Repeat 5-10 times.</p>	<p>Reaching for an object</p> <p>Position: Sit upright in a chair. Place an object (eg bottle) on the floor next to the chair.</p> <p>Exercise: Reach (with the arm on side the same side as object), pick up the object and place on your lap. Ensure both feet stay on the floor. Then put object on other side of the chair, and repeat.</p> <p>Repeat 5-10 times.</p>	<p>Trunk rotation</p> <p>Position: Sit upright in a chair with arms folded across your chest.</p> <p>Exercise: Slowly rotate your head and trunk to one side, as if you were looking over your shoulder. Hold for 5-10 seconds. Repeat on other side.</p> <p>Repeat 5-10 times.</p>
		
Leg exercises		
<p>Straight leg raise</p> <p>Position: Lie on your back with one leg bent and the other straight.</p> <p>Exercise: Lift your straight leg up to the other knee level. Ensure leg is straight. Hold for 5-10 seconds.</p>	<p>Sit to stand</p> <p>Position: Sit in a chair.</p> <p>Exercise: Slowly stand up. Use arms initially if needed. Slowly use less arm support with aim to stand without arm support.</p> <p>Repeat 5-10 times.</p>	<p>Heel raises</p> <p>Position: Stand with feet together. Hold onto a steady support (eg a table).</p> <p>Exercise: Slowly lift your heels off the ground. Hold for 5-10 seconds and then lower.</p>

Repeat on both legs 5-10 times.		Repeat 5-10 times.
		

Arm exercises

<p>Bicep curl with weight</p> <p>Position: Lie on your back with your arm straight by your side. Hold weighted object (eg a can of beans or water bottle).</p> <p>Exercise: Slowly (over five seconds) bring hand towards your shoulder. Keep your elbow on the bed. Repeat 5-10 times with each arm.</p>	<p>Shoulder flexion with weight</p> <p>Position: Lie on your back with your arm straight by your side. Hold onto weighted object (eg can of beans or water bottle).</p> <p>Exercise: Slowly (over five seconds) lift straight arm above head. Repeat 5-10 times with each arm.</p>	<p>Bottom lift on chair</p> <p>Position: Sit in a chair. Keep arms on the chair/bed.</p> <p>Exercise: Slowly lift your bottom off the chair using your arms to a half seated position. Hold for 5-10 seconds. Then slowly sit back onto the chair.</p> <p>Repeat 5-10 times.</p>
		

For more information about the liver services at the Royal Free London, please visit our website: www.royalfree.nhs.uk/services/services-a-z/liver-services

If you have any feedback on this leaflet or for a list of references for it, please email: rf.communications@nhs.net

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please ask a member of staff.

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