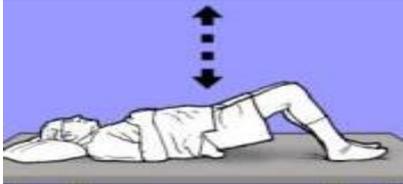
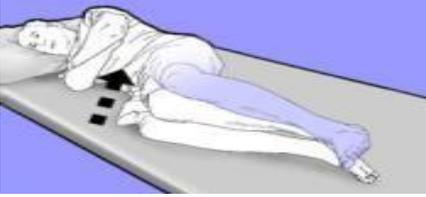
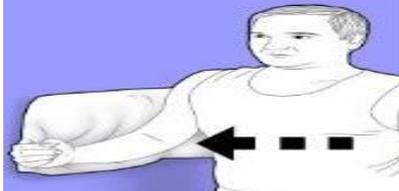


Group B – exercise programme

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: Sit in a chair. Place one hand on your stomach and the other on your chest.</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>Bridging</p> <p>Position: Lie on your back with your knees bent and feet flat.</p> <p>Exercise: Slowly lift your bottom off the bed. Hold for 5-10 seconds.</p> <p>Repeat 5-10 times.</p>	<p>Lie-to-sit on edge of bed</p> <p>Position: Lie on your side with both hands on the bed.</p> <p>Exercise: Put your legs over the side of the bed. Push yourself with your arms to sit up. Repeat on both sides 5-10 times.</p>
		
Leg exercises		
<p>Clams</p> <p>Position: Lie on your side with your hips and knees bent.</p> <p>Exercise: Lift your top knee upwards while keeping your ankles together. Hold for 5-10 seconds. Ensure back/bottom is not twisting.</p> <p>Repeat 5-10 times on each side.</p>	<p>Squats with wall support</p> <p>Position: Stand with your back against a wall. Step forward. Ensure your feet are hip-width apart and pointing forward.</p> <p>Exercise: Slowly bend your knees and slide down the wall. Ensure knees do not roll in/outwards. Hold for 5-10 seconds. Slowly straighten your knees and slide to original position.</p>	<p>One leg stand</p> <p>Position: Stand with both feet on the floor. Ensure stable support is close by (eg a table).</p> <p>Exercise: Hold stable support for stability if required. Lift one leg. Hold for 5-10 seconds. Attempt to reduce the amount of support used as able.</p> <p>Repeat 5-10 times on each</p>

	<p>Repeat 5-10 times.</p> 	<p>leg.</p> 
<p>Arm exercises</p>		
<p>Shoulder flexion with weight</p> <p>Position: Sit/stand with your arms straight and rested by your sides. Hold weighted object (eg can of beans or water bottle).</p> <p>Exercise: Slowly (over five seconds) lift your straight arm above head. Ensure your head, neck and shoulders remain in the same position.</p> <p>Repeat 5-10 times with each arm.</p>	<p>Wall push up</p> <p>Position: Stand facing the wall with an arm length gap between you and the wall. Place both hands flat against the wall at shoulder level.</p> <p>Exercise: Bend elbows and slowly bring chest towards the wall. Then extend elbows bringing chest away from the wall.</p> <p>Repeat 5-10 times.</p>	<p>Isometric shoulder abduction</p> <p>Position: Stand sideways to a wall. Bend your elbow and place a pillow between your arm and the wall.</p> <p>Exercise: Press/push your arm into the wall. Ensure that your body stays still. Hold for 5-10 seconds.</p> <p>Repeat 5-10 times with each arm.</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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