

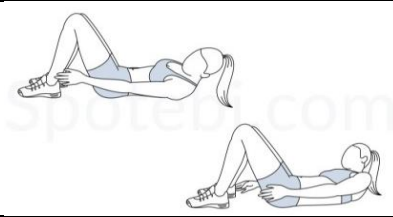
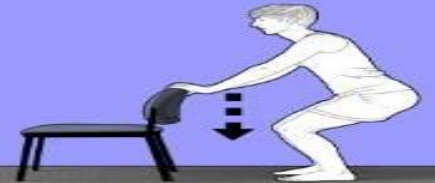




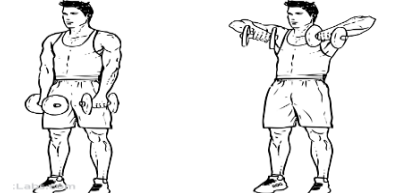


# Group C – exercise programme

## 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.

<b>Trunk (abdominal) exercises</b>		
<p><b>Diaphragm breathing</b></p> <p>Position: While standing, 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><b>Bridging</b></p> <p>Position: Lie on your back with one knee bent.</p> <p>Exercise: Slowly lift your bottom off the bed, pushing up with your bent knee. Once stable, straighten one of your legs. Hold for 5-10 seconds. Keep back and pelvis still.</p> <p>Repeat 5-10 times with each leg.</p>	<p><b>Touching heels</b></p> <p>Position: Lie on your back with both knees bent with flat feet.</p> <p>Exercise: Lift head and shoulders. With your arms straight, try to touch your left heel. Then touch your right heel.</p> <p>Repeat 5-10 times.</p>
 <p>Breathing out (exhaling) with the Diaphragm</p> <p>Breathing in (inhaling) with the Diaphragm</p>		
<b>Leg exercises</b>		
<p><b>Squats</b></p> <p>Position: Stand with your legs hip-width apart. Keep stable support close by if needed (eg a table).</p> <p>Exercise: Bend your knees and move your bottom back as if you are going to sit down. Hold for 5-10 seconds. Then slowly stand up again.</p> <p>Repeat 5-10 times.</p>	<p><b>Lunges</b></p> <p>Position: Stand with one foot step-length in front of your other foot. Keep your back straight.</p> <p>Exercise: Bend your back knee towards to floor while keeping your other foot in the same place. You can keep both hands on your front knee for support. Hold for 5-10 seconds.</p>	<p><b>Steps up and down</b></p> <p>Position: Stand at the bottom of the stairs. Use your bannister or rail for stability.</p> <p>Exercise: Place one foot on the first step. Slowly place your other foot onto the same step. Once both feet are on the step, place feet back to starting position one at a time.</p>

	Repeat 5-10 times with each leg.	Repeat 5-10 times.
		
<b>Arm exercises</b>		
<p><b>Adapted push up</b></p> <p>Position: Lie on your stomach.</p> <p>Exercise: Keep your arms shoulder-width apart on the floor and slowly lift your upper body off the floor while keeping your knees on the ground. Slowly bend your elbows and lower your chest as you are able to. Return to starting position.</p> <p>Repeat 5-10 times.</p>	<p><b>Triceps kick-back with weight</b></p> <p>Position: Lean forward and place one hand on a table/chair. Hold a weighted object (eg a can or bottle) in your other hand at hip level.</p> <p>Exercise: Straighten your arm ensuring your shoulder and elbow are still. Hold for 5-10 seconds.</p> <p>Repeat 5-10 times with each arm.</p>	<p><b>Upright row with weight</b></p> <p>Position: Hold a weighted object (eg a can of beans or water bottle) in both hands.</p> <p>Exercise: Slowly lift your shoulders from the side to 90 degrees. Keep the weighted object close to body. Hold for 5-10 seconds.</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](http://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](mailto: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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