Dialysis Exercise Prompt Card

Below are pictures of the resistance exercises you can undertake whilst completing dialysis using the Resistance Bands provided. These are detailed further in the 'Dialysis Exercise Description Booklet’. It is intended that you gradually increase the amount of exercise you undertake - working up to completing 6-10 repetitions of each exercise, 3 times per session to maintain and increase strength, muscle mass and function.

Chest press

Shoulder press

Tricep extension

Straight arm shoulder flexion

Shoulder horizontal abduction

Neutral seated row

Supine grip seated row

Prone grip seated row

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