

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



Bicep curl



Leg curl



Calf press



Bent knee calf press



Leg press



Hip abductions



Straight leg raise



ABC drawing with toes



Abdominal leg extensions



Be careful not to be too eager with your movement, though, as rocking through your pelvis can dislodge your dialysis needles.