



# EXERCISING

FOLLOWING

## LUNG OR HEART-LUNG TRANSPLANTATION

*Exercise can play an important role in the rehabilitation following lung or heart-lung transplantation because of its positive effect on aerobic capacity, muscle strength, ability to perform everyday activities, and overall health and well-being. Furthermore, recent studies suggest that physical activity may mitigate the potential adverse effects of immunosuppressive medication. The key to maximizing the benefits of exercise is to follow a well-designed program that accommodates your individual needs and concerns.*

### Getting Started

- Talk with your health care practitioner before starting an exercise program and ask for specific programming recommendations.
- Take all medications as recommended by your physician.
- The goals of your program should be to improve cardiovascular fitness, increase muscle strength and endurance, improve range of motion, restore your ability to do everyday activities and improve your overall quality of life.
- Choose low-impact activities such as walking, cycling or water exercises. Start with shorter sessions (10 to 15 minutes) and gradually build up to 20 to 30 minutes, three or more days per week.
- Perform low-resistance, high-repetition strength-training exercises two to three days per week.
- Flexibility exercise and/or tai chi should be done daily to increase range of motion.
- Take frequent breaks during activity if needed. Your workouts should be comfortable and not strained.

### Exercise Cautions

- Even if you were active prior to surgery, you probably experienced a dramatic decrease in fitness during your recovery period. Closely monitor your intensity level and check for signs of dyspnea.
- Stop exercising and contact your physician immediately if you experience chest pain, labored breathing or extreme fatigue.
- If you are taking immunosuppressive medications, take care to always exercise in a clean environment to avoid becoming ill.

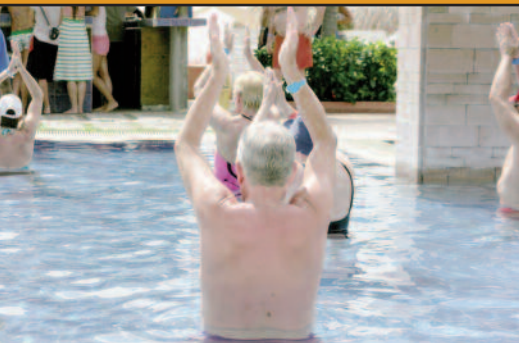
Your exercise program should be designed to maximize the benefits with the fewest risks of aggravating your health or physical condition. Consider contacting a certified health and fitness professional\* who can work with you and your health care provider to establish realistic goals and design a safe and effective program that addresses your specific needs.

\*If your health care provider has not cleared you for independent physical activity and would like you to be monitored in a hospital setting or a medical fitness facility, you should exercise only under the supervision of a certified professional. The American College of Sports Medicine (ACSM) has two groups of certified fitness professionals that could meet your needs. The ACSM Certified Clinical Exercise Specialist (CES) is certified to support those with heart disease, diabetes and lung disease. The ACSM Registered Clinical Exercise Physiologist (RCEP) is qualified to support patients with a wide range of health challenges. You may locate all ACSM-certified fitness professionals by using the ProFinder at [www.acsm.org](http://www.acsm.org).

For more information, visit [www.exerciseismedicine.org](http://www.exerciseismedicine.org) or e-mail [eim@acsm.org](mailto:eim@acsm.org).

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