



Dialysis Rehabilitation Program



Rehabilitation therapy programs for people on dialysis focus on restoring functional independence and improving the capacity for exercise.

Therapy helps patients build muscle strength and stamina, and recover maximum physical function.

Dialysis

For patients on dialysis, coordinated, interdisciplinary rehabilitation helps improve the ability to perform everyday tasks and increases health-related quality of life. Our rehabilitation program includes therapies designed specifically to help every person achieve the best possible outcomes. Comprehensive treatment plans are designed to meet each patient's goals and needs and address the physical and psychological effects of dialysis.

Loss of Function and Common Problems

- Muscle weakness
- Fatigue
- Pain
- Decreased mobility
- Increased risk of falls
- Trouble sleeping

Our Rehabilitation Team

Our interdisciplinary rehabilitation team is committed to helping each patient progress to recovery while educating and supporting the family. This specialized team evaluates and develops a personalized treatment plan designed to help each individual recover and develop the skills needed to return home and live as independently as possible.

The rehabilitation team may include:

- Patient/caregiver
- Physicians specializing in rehabilitation
- Rehabilitation nurses
- Physical therapists
- Occupational therapists
- Speech therapists
- Case managers/social workers
- Nutritional counselors

“Recent growing evidence suggests that rehabilitation for patients with visceral impairment such as cardiac, renal and pulmonary impairment can not only improve exercise performance and quality of life, but also increases survival.”¹

1. Kohzuki, M. (2013). *Renal Rehabilitation: Present and Future Perspectives*. “Hemodialysis.” Publisher: InTech Rehab in the Acute Inpatient Rehabilitation Setting or Inpatient Rehabilitation Hospital





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Treatment Plans

Each treatment plan is designed specifically for you to meet your therapy goals and medical needs. It typically includes physical, occupational and speech therapy:

- Physical therapists focus on exercise routines designed to strengthen and maintain existing muscle function. Our physical therapists also will help you learn how to use any required mobility devices.
- Occupational therapists help you learn techniques for managing self-care activities such as dressing and bathing as well as everyday activities such as home management. They also will provide instruction for equipment that will assist you in performing these activities.
- Speech therapists provide training regarding breathing and swallowing.

Areas of focus include:

- Exercises that are clinically designed to increase balance, strength, and mobility, and improve VO_2 max
 - Flexibility exercises to improve range of motion and functional performance, prevent injury and increase the ability to perform activities of daily living
 - Strengthening exercises to build muscle mass and strength
 - Cardiovascular exercises to increase stamina and decrease fatigue
- Education to help patients understand how rehab works and what part they play in their success
- Ongoing maintenance programs customized for each patient that include a comprehensive plan of continued home exercises

Caregiver Support

We know the critical role caregivers and family members play in helping a loved one who is on dialysis. We also know it can be stressful at times. Our care team is on hand to provide support and information to help family and other loved ones during the patient's rehabilitation. We'll also help caregivers find the right resources so they can get help and support at home when they need it.

Contact Us for More Information and to Request a Patient Assessment.