

We would like to
acknowledge and thank
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for developing and compiling these
exercises.

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Fistula Exercises

BUILDING YOUR NEW
VASCULAR ACCESS

This booklet will assist you in
strengthening and preparing
your new hemodialysis fistula
for use.



Introduction

As a general guideline fistula exercises should be started 2-3 weeks after your fistula is placed. To prevent problems, your stitches and incision should be healed before beginning these exercises.

Please contact your nephrologist or surgeon to get the OK to start.

It may take 2-3 months of exercise to enlarge the vein enough for it to be used for dialysis.



HAND-Active Resistive Wrist Flexion

With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm up) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat: _____ times.
Do _____ sessions per day.



HAND-Active Resistive Wrist Extension

With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm down) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat: _____ times.
Do _____ sessions per day.



“Take Five”

If you are in doubt about this exercise, ask your physician or nurse to show you how to perform this exercise safely.

1. Apply a tourniquet on your upper arm above the fistula.
2. Check for a thrill or pulse below the tourniquet. If there is no pulse, loosen the tourniquet and reapply.
3. Open and close your fist or squeeze a soft object while the tourniquet is on.
4. Do this for 5 minutes, at least 5 times per day.
5. Release the tourniquet when you are finished.
6. If your fistula is being used for dialysis, do not exercise it for 24 hours after dialysis.

WRIST-Extension (Resistive)



With wrist over edge of table, lift _____ ounces, keeping arm on table surface. Hold _____ seconds. Lower slowly.

Repeat: _____ times.
Do _____ sessions per day.

Activity: *Throw a Frisbee*

HAND-Active Resistive Ulnar Deviation



With tubing wrapped around fist and opposite end secured under foot, bend wrist up (thumb side down) as far as possible. Lower slowly, keeping forearm braced on knee.

Repeat: _____ times.
Do _____ sessions per day.

HAND-Active Resistive Radial Deviation

With tubing wrapped around fist and opposite end secured under foot, bend wrist up (thumb side up) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat: _____ times per session.
Do _____ sessions per day.



WRIST-Flexion (Resistive)

Palm up, holding _____ ounces, bend toward you at wrist.

Hold _____ seconds. Relax slowly.

Repeat: _____ times.

Do _____ sessions per day.



Common Weights:

16 ounces = one pound

A soup can weighs 10 1/2 ounces

WRIST-Radial Deviation (Resistive)



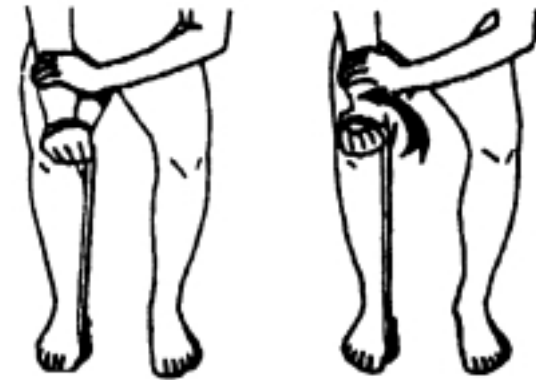
Holding _____ ounces, bend at wrist toward thumb side in upward motion. Hold _____ seconds.

Repeat: _____ times.

Do _____ sessions per day.

Activity: Use this movement to pick up a cup

HAND-Resisted Forearm Supination



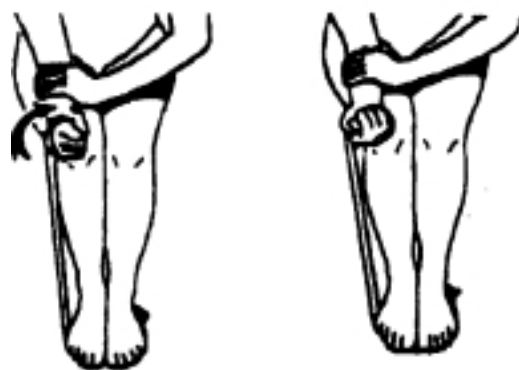
With palm down, stabilize forearm on thigh with opposite hand. Keep tubing to the inside of hand and roll palm up as far as possible. Hold _____ seconds. Relax.

Repeat: _____ times.

Do _____ sessions per day.

HAND- Resisted Forearm Pronation

Note: The following exercises require the use of an exercise band or rubber tubing.



With palm up, stabilize forearm on thigh with opposite hand. Keep tubing to outside of hand and roll palm down as far as possible. Hold _____ seconds. Relax.

Repeat: _____ times.
Do _____ sessions per day.

WRIST-Ulnar Deviation (Resistive)



Arm down at side, holding _____ ounces, bend at wrist sideways toward little finger. Hold _____ seconds.

Repeat: _____ times.
Do _____ sessions per day.

FOREARM-Supination (Resistive)

Holding container weighing _____ ounces,
turn palm up, keeping elbow firmly at side.
Hold _____ seconds.

Repeat: _____ times.

Do _____ sessions per day.

Activity: Use this movement to turn
doorknob



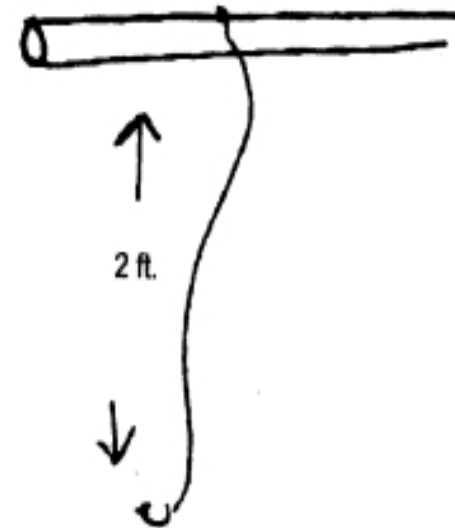
WEIGHTED DOWEL

Make stick with a hook and string attached to
the middle. Hang a grocery bag from the
hook and fill it with cans to the appropriate
weight (1-3 pounds).

Roll up with elbow bent at hips. Roll down.

Repeat: _____ times

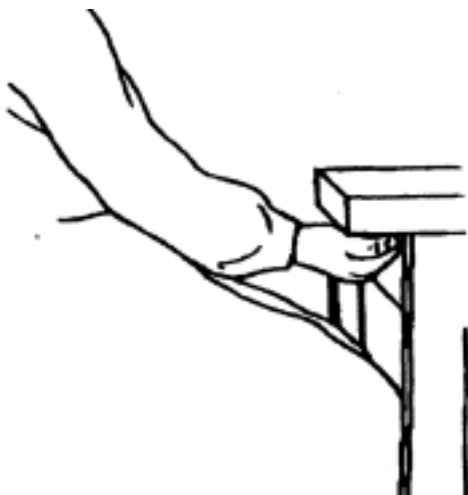
Do _____ times per day.



HAND / WRIST-Flexion (Isometric)

Place palm side of RIGHT / LEFT fist under the edge of table. Without moving wrist, press fist up. Hold _____ seconds.

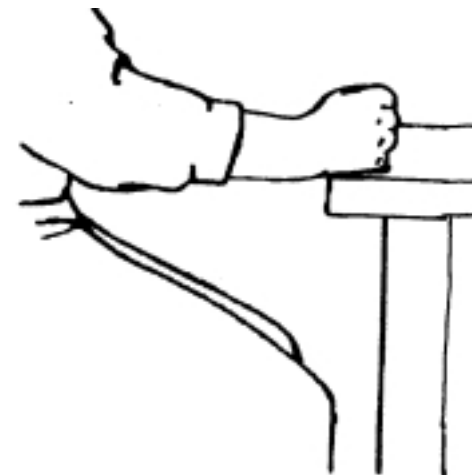
Repeat: _____ times
Do _____ times per day.



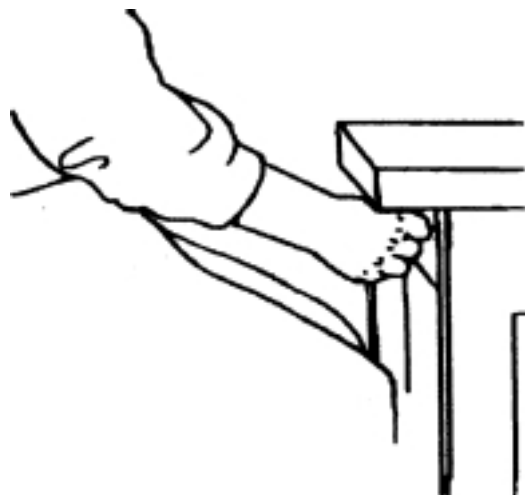
HAND / WRIST-Ulnar Deviation (Isometric)

Place the side of RIGHT / LEFT fist on the top of a table, elbow bent. Without moving wrist, push fist down toward the floor. Hold _____ seconds.

Repeat: _____ times
Do _____ times per day.



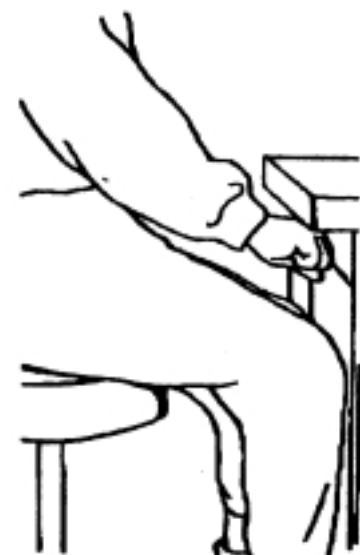
HAND / WRIST-Radial Deviation (Isometric)



Place the side of RIGHT / LEFT fist under the edge of a table. Without moving wrist, press fist up. Hold ____ seconds.

Repeat: ____ times
Do ____ times per day.

HAND/ WRIST-Extension (Isometric)



Place the back of RIGHT / LEFT fist under the edge of table. Without moving wrist, press fist up. Hold ____ seconds.

Repeat: ____ times
Do ____ times per day.