



A Fitness Approach to Dialysis and Transplant Health

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Getting Started



- **Active Warmup**: Examples include, walking, marching, dancing
- **Stretching**: Static —Do NOT bounce.

(**) *The exercises in this manual noted with a double asterisk (**) can be used for both warmup and cooldown stretches.*

Spinal Flexion



- **Spinal Flexion — Forward**: Stand with feet shoulder width apart. Bend forward from the hips, placing hands on upper thigh. Keep neck in alignment with spine. Round lower back, bringing abdominals in toward spine. Hold. Release. Repeat.

Standing Leg Work

Abductor/Adductor/Hamstrings/Gluteals



- **Modified Squats**: Feet shoulder width apart, abdominals pulled in, chest lifted, shoulders back, head in neutral position. Bend your knees and squat keeping knee lined up with big toe. Pretend you are about to sit down. Sit out your buttocks as though there were a chair behind you. Squeeze buttocks and thighs as you return to starting position. 8-10 repetitions.
- **Wide-Stance Squats**: Hands on hips, feet wider than shoulders. Knees are bent, abdominals pulled tight, chest pulled up, shoulders back, head in neutral position. Squat slowly squeezing buttocks and thigh muscles as you return to starting position. Do NOT drop below knee level. 8-10 repetitions.

Seated Lower-Body Strengthening



Key Points To Remember For These Exercises:

Sit Tall, Spine Straight

Abdominals Contracted

Shoulders Back and Relaxed

- **Point and Flex:** Extend leg, lifting ankle 2-3 inches off of floor. Point and flex. 8-10 repetitions.
- **Ankle Rotations:** Extend leg, heel lifted 2-3 inches off of floor. Rotate left then right.
- **Calf Raises:** Feet are hip distance apart. Lift ankles as you roll onto ball of foot (spreading toes out evenly) contracting calf muscles.
- **Leg Lifts Seated:** Extend one leg straight out, flex foot. Stationary leg is at a right angle (90 degrees). Lift extended leg to the height of the opposite knee. Sit up straight, use thigh muscle to lift leg — Do NOT use upper body to lift leg.
- **Adductor (inner thigh):** Cross hands at wrist, placing palms on inside of knees. Press out with your hands and in with your knees — Resist.
- **Abductor (outer thigh):** Place palms on the outside of your knees — Resist. Press "out" with knees and "in" with hands.
- **Abdominals:** Place hands gently behind head, or across chest. Bend forward from the hips without rounding your back, keeping neck in alignment with spine. Bring chest to thigh, thigh to chest.
- **Obliques:** Bend to the left to first point of tension. Return to center. Repeat on opposite side
- **Lower Back:** Place hands behind head. Bend forward from the hips. Do NOT roll upper back. Return to starting position.
- **Torso Turn:** Cross arms in front of chest "Indian style." Turn left (head stays in alignment and follows) to first point of tension. Return to center. Repeat on other side.

Seated Upper-Body Strengthening



Key Points To Remember For These Exercises:

Proper Form is VERY Important

Work Through Your Full Range of Motion

Do NOT Lock Joint — DO Keep a Slight Bend in the Elbow

Keep Movements Slow, Controlled, and Deliberate

Concentrate on the Muscle Being Used

Do NOT Squeeze the Weights — DO Squeeze the Muscle

Breathe Normally — Do NOT hold your breath

Exhale on the Exertion (Hardest Part of the Move)

Do NOT "Break" (Bend) Your Wrists

DO Keep Wrist in Alignment with your Arm

Concentrate on Proper Body Alignment

Keep Shoulders Back and Relaxed

- **Shoulder Presses:** Palms face forward. Raise elbows to shoulder height. Raise arms in an arch over head. Do NOT lock joints. Repeat.
- **Frontal Raises:** Palms rest on thighs. Raise arms out in front of you (one at a time) no higher than shoulder level. Squeeze your muscle. Return to start position. Repeat.
- **Lateral Raises:** Palms face in by your thighs. Raise and squeeze your arms out to the side no higher than shoulder level. Make sure palms face down. Do NOT swing arm. Keep a slight bend in the elbow. Repeat.
- **Biceps:** Palms face in towards your body. Elbow bent. Keep elbow tucked and move through full range of motion. Bright weight to your shoulder. Squeeze the muscle to raise your arm.
- **Triceps:** Palms face in towards body. Elbow bent. Keep elbows in close to body. Upper part of arm remains stationary as you press back (behind you).
- **Chest Presses:** Elbows raised to shoulder level (90 degree angle). Palms facing out. Bring elbows in toward center of body (leading with your elbows — not your palms). while squeezing chest muscles.
- **Seated Back Rows:** Sit on the edge of your chair. Bend forward from the hips. Place weights behind ankles so that arms are fully extended. Pull up and back, squeezing shoulder blades together. After each pull, let arms come all of the way down so that you feel a slight stretch. Repeat.

Seated Stretches



Key Points To Remember For These Exercises:

Keep Feet Flat on Floor at Right Angle (90 Degrees) Sit Tall, Spine Straight

Keep Abdominals Contracted

Shoulders Should Be Back and Relaxed

Head in neutral position

Do NOT bounce

Breathing is slow, rhythmic, and

controlled Sit on edge of chair (unless noted otherwise).

- (**) **One-Leg Extension:** Feet are flat, hip distance apart. Extend one leg forward, flex the foot and lift leg to height of opposite knee. Return to starting position. Use front thigh muscle (quadriceps) to lift leg. Do NOT round back while lifting leg. Repeat on opposite side.

- (**) **Hip/Groin Stretch:** While sitting on edge of chair, place one leg on floor, knee bent at 90 degree angle. Lift opposite leg and place ankle across knee. Gently press, causing resistance. Hold the resistance. Release. Repeat on opposite side.

- (**) **Lower Back Stretch:** Feet are flat, knees at right angle, hip distance apart. Place palms on thighs. Slowly bend from the waist forward bringing chest toward thighs.

- (**) **Spinal Stretch:** Feet are flat, knees at right angle, hip distance apart. Place left hand on the outside of your right knee. Press into the knee as you rotate your upper body to the right. Repeat on opposite side.

- (**) **Chest Stretch:** Extend arms out from shoulders. Palms are facing out. Press arms back squeezing shoulder blades. Repeat.

- (**) **Upper Back Stretch:** Feet are flat, knees at right angle, hip distance apart. Bend forward. Grab your arms under your knees. Round the upper back opening up the shoulder blades. Hold for 10 seconds. Release. Repeat.

- (**) **Shoulders/Arms. Stretch:** Feet are flat, knees at right angle, hip distance apart. Extend right arm gently across chest. Place left hand above elbow and exert gentle pressure "in" toward chest. Hold for 10 seconds. Release. Repeat.

Seated Stretches (Continued)



- (***) **Neck Stretch:** Feet are flat, knees at right angle, hip distance apart. Slowly rotate head left, then back to center, then to the right, then back to center. Repeat. Gently drop your left ear to your left shoulder keeping shoulders back and relaxed. Elongate your right arm, pressing your palm to the floor. Gently reach up with your left hand, placing fingertips on your head and gently press ear towards left shoulder taking the stretch deeper. Hold for 10 seconds. Release. Return to center position. Repeat on opposite side.
- **Biceps Stretch:** Reach your left hand behind your right elbow, holding your right arm straight. Stretch your back, causing resistance. Hold. Release. Repeat on opposite side.
- **Triceps Stretch:** Reach your right arm up over your head. Grasp your right hand with your left hand. Pull your right arm towards your left shoulder. Repeat on opposite side.

Floor Work/Stretches



- **Back Extensions:** Lying on your stomach, hips and toes pressed into the floor, legs together. Place palms (faced down) under your chin so that elbows are extended to the side. Rest chin on palms. Tense your buttocks and **pull in** your abdominal muscles. Now lift your chest off of the floor by contracting the muscles in your lower back. Don't worry about how high you raise yourself off of the floor — it is a small movement and a big squeeze. Pause at the top of the movement before releasing.
- **Abdominal Crunches:** Lying on your back, feet flat on floor, knees bent with legs about shoulder-width apart. Make sure back is flush to the floor. Support your head lightly by placing your hands on your head just above your ears. Keep neck in alignment with your spine; pretend you have an orange between your chin and chest and lift head, neck and shoulders in one fluid motion. Squeeze your abdominal muscles as though you were aiming them towards your spine. Exhale as you come up. Inhale as you come down.
- (***) **Low-Back/Hamstring Stretch:**
Beginner: Lying on your back, bend your right leg then raise it. Place hands behind your knee, pull knee gently into your chest to first point of tension. Release. Repeat. Repeat on opposite side.

Advanced: Fully extend right leg above you. Slide hands onto calf. Pull leg into chest. Repeat. Repeat on opposite side.

Floor Work/Stretches (Continued)



- (**) **Spinal Stretch:** Lying on your back, knees bent, feet flat on floor. Extend both arms directly out from shoulders. Drop both knees gently to the left, while keeping your upper torso (head, neck and shoulders) flat on the floor. Hold. Bring knees back to center. Drop knees to right side and repeat. *For an easier stretch, move heels away from body.)*
- (**) **Full Body Stretch:** Lying on your back, legs fully extended, arms stretched up over your head (elbows close to ears). Push arms up as you point your toes in the opposite direction. Press slightly out on your abdominal muscles. Stretch. Hold. Release. Slide heels up toward buttocks, pressing lower back in towards floor. Use your abdominals to lift your body to a seated position. Inhale, Exhale. Breathe deep.



Remember: Physical Strength is Fundamental in Creating a Strong Mind and Feeling Empowered!

In Health & Happiness,
Vanessa A. Underwood, BS, AFAA

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