

Home Exercise Plan for PD patients:

1. Talk to your MD for clearance to start in an exercise program.
2. CAPD patients may feel more comfortable if they drain fluid out of the abdomen and exercise when they are empty or partially empty, to permit expansion of the diaphragm.
3. Exercising with a full abdomen may increase pressure in your abdomen and may cause leaks.
4. CAPD patients can ride an exercise bike even with the bag attached-of course it is vital to keep the bag away from the pedals.
5. Swimming is also possible, with extra effort to cover your catheter site and clean it well afterward to prevent infection.
6. Stretch before and after exercise to keep your flexibility. See Exercise book.

Sample exercise program:

Week	Times/day (do 5x/ week)	Warm up (very light)	Conditioning (somewhat hard)	Cool down (very light)
1	once/ day	2 min	5 min	2 min
2	twice/day	2 min	7 min	2 min
3	twice/day	2 min	9 min	2 min
4	twice/day	3 min	11 min	3 min
5	twice/day	3 min	13 min	3 min
6	twice/day	3 min	15 min	3 min
7	twice/day	5 min	18 min	5 min
8	once/ day	5 min	20 min	5 min
9	once/ day	5 min	24 min	5 min
10	once/ day	5 min	28 min	5 min
11	once/ day	5 min	30 min	5 min

Exercises to do:

1. **Walking.** Start with a weekly pattern that works for you, then progress from week to week. If you feel good and want to move ahead more quickly, skip a pattern and go for it.
2. **Biking.** Adjust the seat so your knees will be slightly bent when your feet are closest to the floor. When you pedal, try to maintain a constant speed. Choose a speed that is comfortable for you.