

# Pre Exercise Complications

Situation	Recommendation
Patient not interested in exercise	<ul style="list-style-type: none"> <li>• Rule out medical/physical reasons</li> <li>• Discuss benefits of exercise and encourage regular participation</li> <li>• Identify barriers/concerns with the exercise as well as past exercise history</li> </ul>
Patient is asleep and/o is uninterested in exercising when asked and /or does not ask for the exercise bike or weights	<ul style="list-style-type: none"> <li>• Exercise immediately after put on the dialysis machine</li> <li>• Defer exercise on that day</li> <li>• Exercise earlier in treatment the next session</li> </ul>
Pre exercise hypotension (SBP < 100 mmHg)	<ul style="list-style-type: none"> <li>• Try isometric contractions of arms and legs before and during bike setup (may increase blood pressure)</li> <li>• Defer exercise on that day</li> <li>• Exercise earlier in the treatment the next session</li> </ul>
Pre exercise hypertension (200/110 mmHg)	<ul style="list-style-type: none"> <li>• Delay exercise to later in treatment (pull fluid off)</li> <li>• Start exercise slowly with longer warm up and decrease intensity</li> <li>• Assess anxiety level of patient and usual BP readings.</li> </ul>
Consistent high Potassium pre dialysis	<ul style="list-style-type: none"> <li>• Exercise in the second hour of treatment</li> </ul>
Tachycardia	<ul style="list-style-type: none"> <li>• Assure no arrhythmia that is atypical for that patient</li> <li>• Start exercise slowly with longer warm up and decrease intensity</li> <li>• Defer exercise if symptomatic and/or abnormal for patient</li> </ul>
Access/ site insertion problems	<ul style="list-style-type: none"> <li>• Defer exercise on that day; if patient chooses to exercise, attempt to minimize movement</li> </ul>
Recent hospitalization	<ul style="list-style-type: none"> <li>• Upon return, progress slowly and gradually back up to previous exercise level (both intensity and duration should be decreased and gradually increased as patient recovers)</li> </ul>
Patient feels ill or nauseous or c/o chest discomfort (typical of angina), dyspnea, and/or headache	<ul style="list-style-type: none"> <li>• Defer exercise for that day- notify MD for assessment of condition</li> <li>• No exercise until resolved and/or re-referred</li> </ul>
Foot/ankle sore or ulcer	<ul style="list-style-type: none"> <li>• No exercise if biking will put pressure on it, but if pressure is not put on the sore, the increased circulation may help the sore heal</li> </ul>