

## **Advances in Basic & Translational Research II**

### **How to encourage transplant recipients to start exercising**

Ka-Foon CHAU

Transplant patients are usually critically ill or on long term dialysis before transplant. They are usually fragile and weak while waiting for an organ. As a result, after the transplant operation, many of them need a prolonged period for rehabilitation. Exercise is the best means to achieve full rehabilitation. However exercise is not a common practice amongst Chinese patients as they believe nutrition and rest are more important than exercise for recovery. Exercise should be started as early as possible, even during the dialysis period, to prepare the patients be in the best condition for the transplant. After transplant, exercise program should be started in the hospital and followed by outpatient physiotherapy program. The patient support groups will join in to provide exercise and sports program. Competition and peer group support are always the best driving force for continuing exercise. Sports activities should be facilitated, by all means, to allow chances for the patients to continue exercising. Provision of opportunities for competition, facilities arrangement, trainer provision and financial support are important measures, amongst all.