

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

### **Post transplant rehabilitation and sports**

Elton Chun-Ting NG

Transplantation is a life-changing event that offers individuals a second chance at a healthy and active life. While the success of transplant surgery is crucial, the post-transplant phase plays a vital role in ensuring long-term graft function and overall well-being. The integration of rehabilitation and sports activities during different phases of rehab not only promotes physical recovery but also enhances psychological well-being, fostering a sense of empowerment and normalcy for transplant recipients.

I will highlight the significance of post-transplant rehabilitation including post operation care and pain management, and how sports in optimizing the recovery and quality of life for transplant recipients. Engaging in sports and physical activities not only improves cardiovascular fitness but also aids in restoring strength, flexibility, endurance, weight management, bone health, and immune system function. We will discuss the importance of choosing appropriate sports, adapting to individual capabilities, and collaborating with healthcare professionals to ensure safe participation.

By exploring the benefits, stepwise progression, risks and effects, key considerations of specific organ transplantations, I will share some stories about leading two transplant recipients completed a high attitude fundraising walk to Everest Basecamp (5364m), coupled with my experiences as the Hong Kong team physiotherapist for the World Transplant Games. This presentation aims to inspire healthcare professionals, transplant recipients, and their support networks to embrace the transformative power of post-transplant rehabilitation and sports.