Renal rehabilitation
What is renal rehabilitation?
Renal rehabilitation is a 12 week exercise programme designed to help people with kidney disease to start exercising regularly.

By the end of the programme you should
- be able to exercise independently at least three times a week
- know what level to exercise at – when to push harder and when to slow down
- feel fitter with increased ability to manage day-to-day activities
- be on your way to living a healthier lifestyle and reducing the risk of developing any further medical problems.

The programme is offered free of charge. If you would like to continue exercising after you have completed the programme, we will be able to advise you on what is available in your local area.

Do I need renal rehabilitation?
A lot of people living with kidney disease find that their fitness levels suffer for a number of reasons. These include:
- dietary restrictions
- changes in muscle structure
- changes in blood supply
- lack of physical activity.
If you feel/are:
• tired or lethargic
• unfit or weak
• unhealthy
• that basic tasks are harder than they should be
• that you need to lose weight
• due to have or recently had a kidney transplant

then renal rehabilitation could help you to reduce these symptoms and be healthier. This may improve the life of your new kidney if you have had a transplant, and will reduce your chances of developing other diseases as you get older.

**How does exercise help?**
Regular exercise helps to:
• increase muscle strength
• improve mobility and fitness
• improve quality of life
• reduce blood pressure
• improve blood sugar control
• improve your heart and lung function
• lose weight and improve self-esteem
• counteract/reverse the side effects of steroidal treatment, such as muscle wasting, bone thinning and weight gain after transplant.

**What do the classes involve?**
The twice-a-week, hour-long classes involve circuits. This is where you move around the room performing exercises with different pieces of equipment at each station. You will learn how to warm up and cool down and progress exercises safely, and we will monitor your progress and your fitness levels throughout the sessions.
What do I need to start the programme?

**Motivation** – you must be motivated to make long-term changes to your lifestyle.

**Commitment** – you will need to attend classes for 12 consecutive weeks and be committed to performing exercises at home on at least two other days a week.

**What to wear and bring to classes**
- Wear loose, comfortable clothing and supportive shoes, preferably trainers.
- Bring a drink and healthy snack as you may feel hungry/thirsty after exercising.
- Bring any fast-acting medications that you use, such as inhalers or GTN sprays.

I’m motivated and committed – so what happens now?
If you are ready to start making a positive change to your lifestyle and would like to attend the programme, please ask your nurse, doctor or physiotherapist to refer you.

As long as there is no medical reason for you not to exercise, you will be contacted to book an appointment and asked to complete a couple of questionnaires. These will be sent to you with your appointment confirmation. It is important that you complete the questionnaires so that we can tailor your exercise programme to meet your personal needs.
Class times  
Tuesday 10.45-11.45am  
Friday 1.45-2.45pm  

Location  
Lower ground floor, Tower wing, signposted as Therapies Rehabilitation Unit  

We will ask you to arrive 45 minutes before your first and last classes for a one-on-one assessment with one of the physiotherapy team members.
Contact us
If you have any questions or if you are unable to attend an appointment please call us, **t: 020 7188 5106** as soon as possible.

If you require hospital transport contact, **t: 020 7188 4883** or 020 7188 4892.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w: www.guysandstthomas.nhs.uk/leaflets**

Pharmacy Medicines Helpline
If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.
**t: 020 7188 8748**, Monday to Friday, 9am-5pm

Your comments and concerns
For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.
**t: 020 7188 8801 (PALS)**  **e: pals@gstt.nhs.uk**
**t: 020 7188 3514 (complaints)**  **e: complaints2@gstt.nhs.uk**

Language and accessible support services
If you need an interpreter or information about your care in a different language or format, please get in touch.
**t: 020 7188 8815**  **e: languagesupport@gstt.nhs.uk**
NHS 111
Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.
  t: 111  w: www.111.nhs.uk

NHS website
Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.
  w: www.nhs.uk

Get involved and have your say: become a member of the Trust
Members of Guy’s and St Thomas’ NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.  t: 0800 731 0319  e: members@gstt.nhs.uk  w: www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?
We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would like to hear from you, fill in our simple online form,  w: www.guysandstthomas.nhs.uk/leaflets, or  e: patientinformationteam@gstt.nhs.uk

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