



# Exercise as a Foundational Part of Transplant Readiness

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# Intro

- Music
- Exercise Science
  - PT
  - Research
  - HPL
- Corporate Fitness
- Teaching
- Private Clients
- ICU
- Liver Transplant



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# TLG

- Tube Feed
- Liver
- Gil



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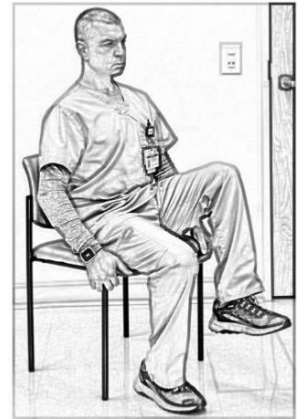
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# TLG-translated

- Tube Feed
  - Nutrition
- Liver
  - Functioning allograft (and no infection)
- Gil
  - Exercise



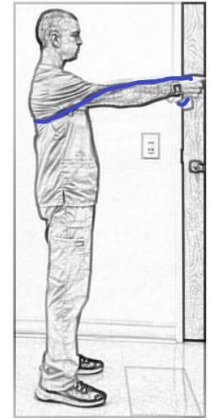
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# History of the role:

- Increased LOS
  - Lack of mobilization
  - Medical missed visits
- Report directly to txp team
- Work under MDs license



# Minimal Athletes

Limitations:

- Physical
- Physiological
- Medical
- Pharmacological
- Surgical



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# Surgical Truths

- More Muscle=More Good
  - Physical reserve
- EFM reduces
  - LOS
  - Blood clots/DVTs
  - HAIs
  - Pneumonia
  - Infections



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# “The Talk”

- Job 1-eat
  - Sufficient protein
  - Caloric surplus
- Job 2-exercise
  - Reduced/reverse muscle loss
  - Upregulate growth hormones
- “Control what you can control”



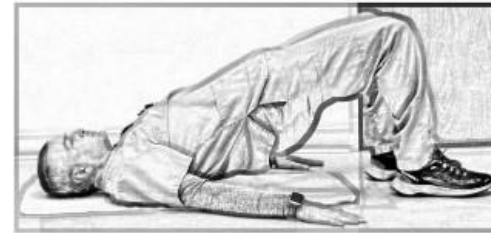
# Importance of Muscle Mass Post-Op

- Makes EFM less difficult
- Muscle's role in immune response
  - Reduced mass=reduced response
- Physical reserve
  - Caloric reservoir post-txp
- Incisions



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# How Do You Feel About ...?

- Yoga (pilates, swimming, zumba, etc.)
- My narrow lane
  - Health, wellness, fitness

VS

- Organ transplant



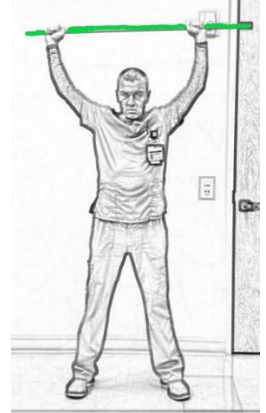
# Prescribing Exercises

- Hypertrophy vs...
  - Strength
  - Endurance
- Walking
  - 30 min/day
  - Aim for 7,000+ steps/day
- Considerations
  - Uncorrected hernias
  - Bone fractures
  - Hypotension
  - Mentation



# Prehabilitation

- Exercise guides
- Video library
- Spanish translations
- Participation in Prehabilitation
  - Decreases complications by 37%
  - Improves Self efficacy or Grit
  - Bone health
  - LOS
    - Lung Txp- 5 days



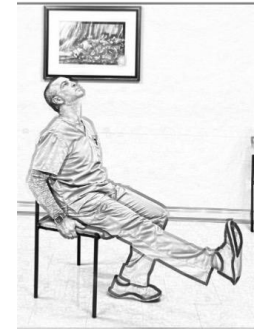
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# Rehabilitation

- Early frequent mobilization
  - Reacquaint
  - Immediately post-extubation
  - Multiple sessions/day
- Potential limitations
  - Devices
  - Hemodynamics/pressor requirements
  - Termination criteria
- Follow throughout hospitalization
- Sign off on discharge



# Post Discharge Recommendations

- Active Incisions
  - Frequent movement
  - No weight bearing
- Once Healed
  - Build strength
  - Build muscle



# My Super Power-Continuity of Care

- Assessment
- Exercise prescription/intervention
  - Virtual pre-hab
- Follow-ups
- Post transplant mobilization
  - First contact
- Post discharge care



# Collaboration

- Talk to everyone and anyone
- Opportunities for research
- Email me!

or

- Find me on LinkedIn



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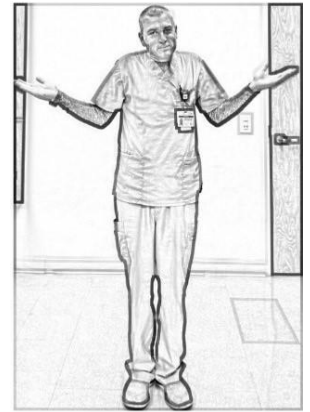
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# Questions?



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