

# Exercise on Dialysis – 4 Week Progress Chart



Patient Name .....

Patient assessed suitable for exercise on dialysis by .....

Record Number ..... Date .....

Exercise \ Date (insert)	Week 1 RPE	Week 1 Baseline date	Week 1	Week 1	Week 2	Week 2	Week 2	Week 3	Week 3	Week 3	Week 4	Week 4	Week 4	Week 4 RPE
5 mins warm up (tick if done)														
<b>1 Heel raise</b>		reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	
<b>2 Ankle flex</b>		reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	
<b>3 Knee extension</b>		reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	
<b>4 Knee to chest lifts</b>		reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	
<b>5 Outer thigh lift</b>		reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	
<b>6 Front thigh lift</b>		reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	
<b>7 Straight leg raise</b>		reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	reps _____ sets _____ wt _____	
5 mins cool down (tick if done)														

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### Key

Reps: The number of repetitions of each exercise completed

Sets: If built up to sets, number of sets (of 10-15 repetitions) completed

Weight: The amount of weight used for the exercise. Enter 1 of 3 options:

**N = weight not used 0.5 = 0.5 kg weights used 1 = 1 kg weights used**

### Rating of Perceived Exertion (RPE)

If RPE at any time less than 12, consider increasing repetitions/weight

If RPE at any time between 12-16, then exercise regime at right intensity

If RPE at any time more than 16, consider reducing repetitions/weight