

Daily Exercise and Activity After Your Stem Cell Transplant

This handout explains why exercise is important while you are in the hospital for your stem cell transplant.

Why is exercise important?

Exercise can help your body recover during and after your transplant. People who stay active often feel better and stay stronger. Daily exercise can help you:

- Keep your muscles strong. Staying in bed too much can make muscles weaker very quickly.
- Feel less tired. Exercise can help lower cancer-related fatigue.
- Lower your risk of falling.
- Keep moving safely at home and during clinic visits after you leave the hospital.
- Shorten your hospital stay.
- Sleep better.

Daily Activity Goals

While you are in the hospital, your goals are to:

- Spend most of the day out of bed
- Limit naps during the day so you can sleep better at night
- Sit in a chair for meals when possible
- Complete one of the exercise routines in this packet every day
- Walk in the hallway every day

Try to do the highest level of activity that feels safe and comfortable.

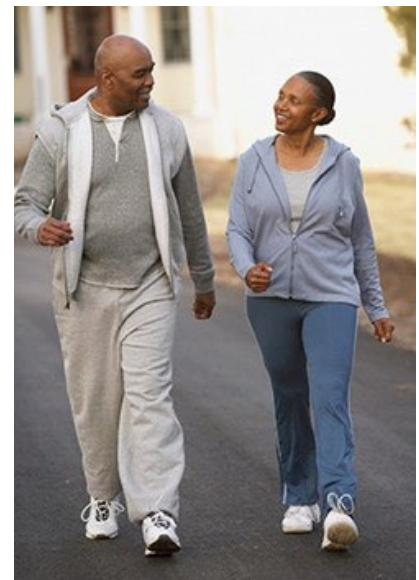
Walking Program

Try to walk 2 to 3 times each day.

- Walk at a moderate pace. You should feel like you are working, but still able to talk.
- Rest between walks.
- Start slowly and build up over time.

Exercise Program

- Try to complete strengthening exercises daily.
 - Pick 3-5 exercises from this packet to do each day.
 - Try to rotate through the packet, picking different exercises to ensure you are exercising all major muscle groups.
 - Your therapist may give you specific exercises as needed.









Walking will help you stay strong and give you energy.



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this handout.

How hard should I exercise?

When exercising, try to work at a **moderate level** (4-6 on a scale of 0-10). Short periods of light to moderate exercise can help reduce cancer-related fatigue.

	RPE	Workload	Talk Test	
	10	Max effort	Completely out of breath	
	9	Very hard	Can only speak a few words	
	7-8	Vigorous	Must take breaths while talking	
GOAL →	4-6	Moderate	Can have a conversation	
	2-3	Light	Easy to talk	
	1	Very Light	No difficulty at all	

Listen to your body.

Stop and tell your care team if you have:

- Dizziness
- Severe tiredness
- Swelling
- Pain
- Muscle cramps

Do I need to be careful?

Yes. Your blood counts may go down after treatment. Some exercises may not be safe if your platelet or red blood cell counts are low.

Talk with your nurse, physical therapist, or occupational therapist about which exercises are safe for you.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

STEP 1



STEP 2



Supine Bridge

REPS: 10

Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

STEP 1



STEP 2



Straight Leg Raise

REPS: 10

Setup

Begin lying on your back with one leg bent and your opposite leg straight.

Movement

Keeping your leg straight, raise your leg up until your thigh is at the same height of your bent knee. Slowly return to the starting position and repeat.

Tip

Make sure to not let your leg or pelvis rotate to either side and do not arch your back.

STEP 1



STEP 2



Sidelying Hip Abduction

REPS: 10

Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Seated March

REPS: 10

Setup

Begin sitting upright in a chair with your feet flat on the floor.

Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.

STEP 1



STEP 2



Seated Long Arc Quad

REPS: 10

Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Chest Press

REPS: 10

Setup

Begin sitting upright in a chair. Raise your hands up to shoulder height with your elbows bent at 90-degree angles.

Movement

Press your hands straight forward, then return to the starting position, and repeat.

Tip

Make sure to maintain an upright posture and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Shoulder Row with Anchored Resistance

REPS: 10

Setup

Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement

Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.

STEP 1



STEP 2



STEP 3



Proper Sit to Stand Technique

REPS: 10

Setup

Begin sitting upright in a chair with armrests with your feet flat on the floor.

Movement

Place your hands on the armrests and scoot to the edge of the chair. With your feet tucked underneath you, lean your torso forward so your head is over your toes, then press into your feet and hands to push up into a standing position.

Tip

Make sure to maintain your balance and try to keep your weight evenly distributed between both legs. Do not lock your knees when you are standing.

STEP 1



STEP 2



Standing Heel Raise with Support

REPS: 10

Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

Movement

Slowly raise the your heels off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.

STEP 1



STEP 2



Standing Hip Abduction with Counter Support

REPS: 10

Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Lift your leg out to your side, then return to the starting position and repeat.

Tip

Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise. Use the counter to help you balance as needed.