

Chronic Kidney Disease (CKD) is characterized by a gradual loss of kidney function over time. It can accumulate fluids and waste products in the body, affecting various organ systems. CKD is often progressive and may eventually lead to kidney failure, requiring dialysis or a transplantation for survival.

FOCUS OF CARE

Slow disease progression, manage complications like hypertension and anemia, make dietary adjustments to reduce kidney workload, monitor fluid balance, and provide patient and caregiver education on lifestyle modifications.

| PT / PTA | OT / COTA | SLP |
|--|---|--------------------------------------|
| <p>Focus: Endurance and strength</p> <p>Exercises: Low-impact aerobic activities</p> | <p>Focus: Fluid and diet management</p> <p>Adaptations: Nutritional guidelines and fluid restrictions</p> | <p>Not typically involved</p> |

TREATMENT GOALS

- Maintain or improve range of motion and muscle strength
- Manage fluid retention and prevent swelling
- Control blood pressure through lifestyle modifications and exercise
- Educate on dietary needs to manage waste product levels
- Enhance overall wellbeing and slow progression of CKD

TESTS AND MEASURES TO UTILIZE

1. Hang Grip Strength Test
2. Body Weight (fluid status)

KEY EXERCISES

1. Low-impact cardiovascular exercises such as walking or stationary cycling
2. Light strength training to maintain muscle mass
3. Flexibility exercises to improve joint function and mobility

RECOMMENDED EXERCISES FOR HEP

1. Endurance / AA / Walk
2. Endurance / AA / LIA
3. Flexibility & ROM / LB / CalfStretch
4. Flexibility & ROM / LB / HamStretch