

## PREPARING FOR THE TRANSPLANT GAMES

THIS PROGRAM IS TO PROVIDE YOU GENERAL INSTRUCTIONS. IT IS NOT INTENDED TO REPLACE THE CONSULTATION WITH A PHYSICAL THERAPIST WHERE AN EXERCISE PROGRAM SPECIFIC TO YOUR NEEDS WOULD BE PRESCRIBED. PLEASE CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING AN EXERCISE PROGRAM AND AVOID ANY EXERCISE THAT CAUSES PAIN.

### GENERAL STRETCHING AND STRENGTHENING:

#### STRETCHES

##### **Important Guidelines**

1. Warm up the muscles that you are going to exercise.
2. Place the muscle on a constant stretch. DO NOT bounce. Bouncing increases your risk of injury or muscle soreness.
3. Take each stretch to the point of tension, NOT pain
4. DO NOT HOLD YOUR BREATH during any part of the exercise.
5. Hold each stretch for 15 to 30 seconds
6. Repeat 3 to 5 times.

**Neck**—Be sure to stretch your neck in all directions. (1) Nod and apply a slight pressure to the back of the head. Hold. (2) Look up, trying to make your forehead parallel with the ceiling. (3) Try to touch your left ear to your left shoulder. Apply a slight pressure to the right side of the head and depress the right shoulder. Repeat to right side. (4) Turn your head to the right. Apply a slight pressure to the left temple to increase the stretch. Hold. Repeat to the left side.

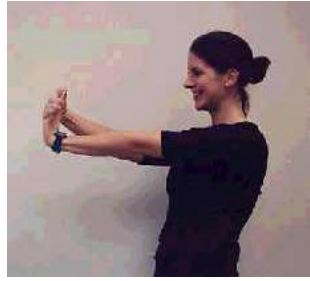


**Triceps stretch**—Bring left arm across front of body. Grasp with right arm and hold. Repeat for right arm.



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**Forearm Stretch**- Keep elbow straight, grasp involved hand and slowly bend wrist up until a stretch is felt. Perform again while bending wrist down to feel stretch



**Chest**- Clasp hands together behind your back with straight elbows. Keep back straight. Should feel stretch across chest and in the arms.

**Quadriceps Stretch-** Pull heel toward buttock until stretch is felt in front of thigh. Can also be performed side lying.



**Calf stretch-** Keep back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Perform again with back leg slightly bent.



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**Hamstring Stretch**-Tuck foot near groin with opposite leg straight. Reach down until a stretch is felt in back of thigh. Keep a straight back.



**Gluteal** – while lying on your back, place your left ankle on your right knee. With your hands around your right thigh, slowly pull your right knee towards your chest until you feel a good stretch in your back and left buttock.



**Hip Flexor** - while standing, place one foot in front of the other. Lean forward on the forward foot without moving your knee in front of your ankle. You should feel a stretch on the front of the straight leg.



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**Inner Thigh** - In a seated position, bring your heels in toward the body so that the soles of the feet are placed together. Grasp both ankles and place the elbows on the knees. Pushing down on the knees with the elbows will produce a stretch felt in the inner thigh and groin.



**Trunk Rotation** - The athlete should sit with good posture. Slowly rotate the body using the arms until you feel a stretch along your side and back.



**Back Extension** - Lie face down. While leaving your pelvis and legs on the floor or mat, use your arms press your body upward until you feel a stretch along your abdominals and the front of your hips.



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**GENERAL STRENGTHENING**  
**Strengthening**

**Important Guidelines**

1. Complete a gentle warm up before beginning
2. DO NOT HOLD YOUR BREATH
3. Move slowly through the full range of motion. DO NOT make any jerky, uncontrolled movements.
4. DO NOT force any movement.
5. Position yourself in the best posture to accomplish the exercise and most comfortable for your breathing.

Once you are able to complete 30 repetitions with good form and without muscle fatigue, you may add 1 to 2 lbs.

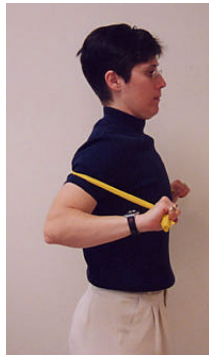
Recommendations in how to progress your strengthening is as follows:

<u>Sets</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Repetitions</u>
1	10	2	20
2	10	3	20
3	10	1	25
2	15	2	25
3	15	1	30

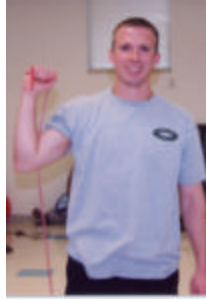
**Chest Flies:** lie on your back and position your arms out to your sides with your elbow at shoulder level. While keeping a slight bend in your elbows slowly move your hands towards each other. Pause. Slowly lower your arms back to the resting position. Repeat \_\_\_\_\_ times.



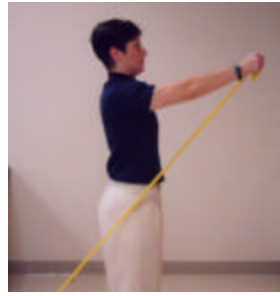
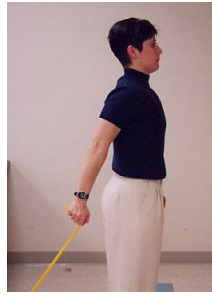
You can also use your exercise bands to strengthen your chest muscles. Place the band behind your back at chest level. While holding each end of the band, place your elbows out to the side. Slowly straighten your arms. Pause. Slowly return to the starting position. Repeat \_\_\_\_\_ times.



**Shoulder Press:** place your exercise band underneath your foot and hold the other end. While sitting or standing with good posture and your arm bent so your hand is by your shoulder, press or straighten your arm overhead. Repeat \_\_\_\_\_ Times. Repeat for the other arm. This exercise can easily be completed exercising both arms at the same time.



**Shoulder Flexion:** place your exercise band underneath a heavy piece of furniture and hold the other end with your hand. Stand with good posture and your arm extended behind you and your elbow slightly bent. There should not be any slack in the exercise band. Slowly move your arm forward until your hand is at shoulder height. Pause. Slowly lower your arm back to the starting position. Repeat \_\_\_\_\_ times. Repeat for the other arm.



**Mid Back:** This exercise can either be done with your exercise band or with a weight. If you use the exercise band attach the band to the door handles. Sit in a chair with good posture and position yourself far enough away from the door to prevent any slack in the exercise band with your arms extended out in front of you. Slowly pull your hands towards your body while concentrating on squeezing your shoulder blades together. Pause. Slowly return your hands to the starting position. Repeat \_\_\_\_\_ times.

If you are going to use weight, you will want to bend over slightly while holding onto some stable piece of furniture to support yourself. Remember to keep your back flat. With your hand and the weight hanging down you want to bend your elbow to pull the weight upward while concentrating on squeezing your shoulder blades together. Pause. Slowly lower the weight to the starting position. Repeat \_\_\_\_\_ times.



**Biceps:** Begin by standing or sitting with good posture and your arm straight at your side. Keep your shoulders down and your body still while you bend your elbow up slowly. Pause. Slowly lower the weight back to the starting position. Repeat \_\_\_\_\_ times. Repeat for the other arm



### Triceps Extension

Sit with good posture and raise your right arm overhead, with slight tension in the elastic band. Keep your upper arm still; slowly bend your right elbow to lower your hand toward your shoulder. Keep your right elbow pointing towards the ceiling while you straighten your arm. Pause. Return to the starting position. Repeat \_\_\_\_\_ times. Repeat this exercise for the left arm.



**Supination:** Begin with your elbow bent at 90 degrees (a right angle) and right against your body. Place a hammer in your hand so that your palm is facing the floor. Slowly rotate your forearm until the palm is facing towards the ceiling. Pause. Then slowly rotate your forearm back to the starting position. Repeat \_\_\_\_\_ times. Repeat for the other arm



**Pronation:** with your elbow bent at 90 degrees (a right angle) and right against your body. Place a hammer in your hand so that your palm is facing the ceiling. Slowly rotate your forearm until the palm is facing towards the floor. Pause. Then slowly rotate your forearm back to the starting position. Repeat \_\_\_\_\_ times. Repeat for the other arm



**Wrist Flexion:** Rest your forearm on a firm surface with your wrist and hand hanging over the end and your palm facing upward. Allow the weight to pull your hand toward the floor. Bend or flex your wrist upward while keeping your forearm still. Hold and then lower slowly to the starting position. Repeat \_\_\_\_\_ times. Repeat for the other arm.

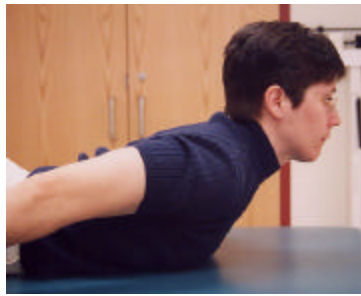


**Wrist Extension:** Rest your forearm on a firm surface with your wrist and hand hanging over the end and your palm facing down. Allow the weight to pull your hand towards the floor. Bend or extend your wrist upward while keeping your forearm still. Hold and then lower slowly to the starting position. Repeat \_\_\_\_\_ times. Repeat for the other arm



**Hand / Fingers:** Use a handful size of silly putty, or modeling clay. Move your fingers into the putty until you make a tight fist. Make sure you work every finger. You can also move your fingers together or apart against the resistance of the putty. Repeat \_\_\_\_\_ times.





**Back extension:** Lie face down with your hands at your side. Slowly extend your back so you lift your head and upper chest off the floor. Pause. Slowly lower your upper body back to the floor. Repeat \_\_\_\_\_ times.

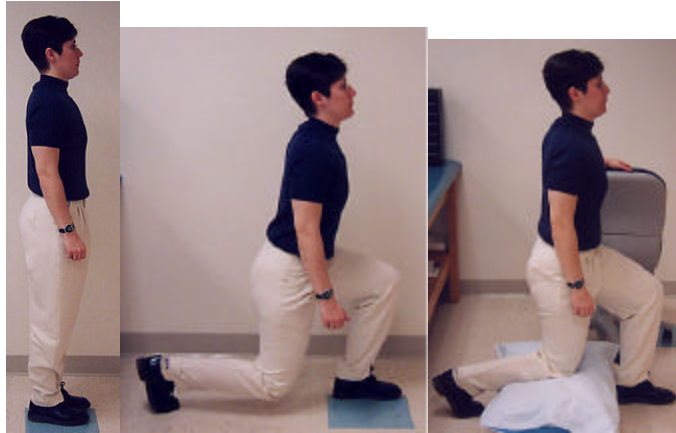
**Lower Abdominal;** Lie on your back in a position that is comfortable. Position your right leg with both your hip and knee bent and the foot off the surface. Bend your left knee to place your foot flat on the surface. Keeping your back flat, raise your left leg to further bend your hip and keep and to lift your foot off the surface. Pause. Return to the starting position. Repeat \_\_\_\_\_ times. Switch leg positions and repeat.



**Upper Abdominals:** Lie down with your heels pulled in toward the buttocks. Place your arms across your chest to ensure that you do not pull on your neck during this exercise. From this position, contract your abdominal muscles until your shoulder blades have lifted from the ground. Slowly return to the starting position. Repeat \_\_\_\_\_ times.



**Lunges:** From a standing position, step back on your right foot. While keeping your upper body straight lower your body onto your right knee. Do not touch your knee on the floor. Your left knee should remain over your left foot. Pause. Then return to the starting position. Repeat \_\_\_\_\_ times. If your legs are weak, you can modify this exercise by placing a couple of pillow underneath your right knee and use one or two chairs to prevent you from falling. Repeat for the left leg



**Step Up:** Using a small step stool, or the bottom step on a flight of stairs. Place right leg onto the step. While trying not to push off using your toes, use your thigh muscles to lift your body up onto the step, Pause, and then lower your body back to the starting position. Repeat \_\_\_\_\_ times. Repeat for the left leg.



**Squats:** Standing in front of a chair, lower your body towards the chair. Make sure you keep your knees over your feet. Pause. Then stand up again to the starting position. Repeat \_\_\_\_\_ times.



**Heel Raises:** stand with your knees straight either on the floor or at the edge of a step. Raise up on your toes. Pause. Return to the resting position. Repeat \_\_\_\_\_ times. This exercise can be made or challenging by completing one leg at a time.



## NUTRITION/HYDRATION

In general, if you have no dietary restrictions, follow the Food Guide Pyramid  
(See attached sheet)

### **Pregame meal, suggestions/tips**

- Eat 3-4 hours before the event
- Make sure it's a light meal, approximately 500 calories (200-1,000 cal)
  - o High carbohydrates, low fat, low protein (carbohydrates supply the most easily accessible form of energy)
  - o Low fiber (fiber pulls water from the blood) 10-15 min. before event, 400-600 ml cold water

### **Hydration needs—WATER**

When:

2 hours before game/workout	3 cups (24 oz.)
10-15 min. before	2 cups (16 oz.)
Every 15 min. during	1 cups (8 oz.)
After game/workout	2 cups (16 oz.)

- **Because exercise can blunt the thirst mechanism, the best way to tell if you are in need of water is to weigh yourself before and after game/workout. For every pound you lose, drink 2 c. of water.**
- **Cool water is best because it leaves the digestive tract quickly and therefore, reaches the tissues in your body, which need it. Also, it acts to cool the body.**