



Physical Activity after Pediatric Transplantation



Why is Physical Activity Important?

- High blood pressure and obesity increase the risk of heart disease and death
- Physical activity plays an important role in preventing these risks
- Exercise improves muscle and bone strength
- Sports participation provides social interaction and builds teamwork
- Physical activity decreases anxiety and depression and improves mental health

How much Activity is Appropriate?

- Return to activity should be gradual and increase as tolerated in the first few months
- Level of activity is dependent on the type of transplant and the degree of weakness before transplant
- Physical activity goal should be at least 60 minutes per day

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What Activities are Safe?

- Varies with the type of organ transplant
- The risk of trauma to the transplant organ is minimal
- Contact sports are generally not recommended
- Swimming in chlorinated pools is safe provided there are no open cuts or wounds
- **Ask your transplant physician questions about the safety of specific sports or activities for your child**

How Can Injury be Prevented?

- Enroll in appropriate physical therapy and conditioning programs as needed
- Consider protecting the transplanted organ with a **GUARD** during competitive or at-risk sports
(<https://irocnow.org/kidney-guards>)
- Seek urgent medical attention if there is suspected trauma to the transplant organ

