

Monthly Dialysis Exercise Log – Strength Exercise

Patient Details (attach sticker):


Date Completed:

Week		1	1	1	2	2	2	3	3	3	4	4	4	
Upper body	Monitoring (pre exercise) HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	
	Bicep curl	R	R	R	R	R	R	R	R	R	R	R	R	R
		S	S	S	S	S	S	S	S	S	S	S	S	S
		W	W	W	W	W	W	W	W	W	W	W	W	W
	Shoulder press	R	R	R	R	R	R	R	R	R	R	R	R	R
		S	S	S	S	S	S	S	S	S	S	S	S	S
		W	W	W	W	W	W	W	W	W	W	W	W	W
	Front arm raise	R	R	R	R	R	R	R	R	R	R	R	R	R
		S	S	S	S	S	S	S	S	S	S	S	S	S
		W	W	W	W	W	W	W	W	W	W	W	W	W
	Lateral arm raise	R	R	R	R	R	R	R	R	R	R	R	R	R
		S	S	S	S	S	S	S	S	S	S	S	S	S
		W	W	W	W	W	W	W	W	W	W	W	W	W

Lower body	Straight leg raise	R	R	R	R	R	R	R	R	R	R	R	R	
		S	S	S	S	S	S	S	S	S	S	S	S	
		W	W	W	W	W	W	W	W	W	W	W	W	
	Outer thigh lift	R	R	R	R	R	R	R	R	R	R	R	R	R
		S	S	S	S	S	S	S	S	S	S	S	S	S
		W	W	W	W	W	W	W	W	W	W	W	W	W
	Front thigh lift	R	R	R	R	R	R	R	R	R	R	R	R	R
		S	S	S	S	S	S	S	S	S	S	S	S	S
		W	W	W	W	W	W	W	W	W	W	W	W	W
	Knee extension	R	R	R	R	R	R	R	R	R	R	R	R	R
		S	S	S	S	S	S	S	S	S	S	S	S	S
		W	W	W	W	W	W	W	W	W	W	W	W	W
	Heel raises	R	R	R	R	R	R	R	R	R	R	R	R	R
		S	S	S	S	S	S	S	S	S	S	S	S	S
		W	W	W	W	W	W	W	W	W	W	W	W	W
	Monitoring (post exercise) HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE	HR BP RPE

Recording Instructions for Muscle Strength Exercises

To help you complete the Monthly Dialysis Exercise Log – Strength Exercise, use the following instructions:

- Make sure your patients exercise safely, follow the guidelines on page 29.
- Use the guidelines on page 28 to determine how many of each exercise your patient should complete and what weight to use.
- At rest, record the following values:
 - ★ HR – Heart rate
 - ★ BP – Blood pressure
 - ★ RPE – Ratings of perceived exertion (0-100)
- During the exercise session, record the following values:
 - ★ R = number of repetitions completed
 - ★ S = number of sets completed
 - ★ W = weight used (kg) or N/A if none used
 - ★ Strike if exercise not completed 
- After the exercise session, record the following values:
 - ★ HR
 - ★ BP
 - ★ RPE