

EXERCISES FOR YOUR FISTULA...

- Strengthens the muscles and veins.
- Helps make your fistula easier to see and use.

EXERCISE 1 (Lower Arm Fistula)

- Hold a soft ball in your fistula hand.
- Allow your arm to hang down beside your body.
- Squeeze and release the ball in your hand for 5 minutes.



REPEAT THIS EXERCISE 3 – 5 TIMES A DAY

EXERCISE 2 (Lower Arm Fistula)

- Lightly squeeze the upper part of your fistula arm.
- Squeeze the ball for 1 – 2 minutes.

REPEAT THIS EXERCISE 2 – 3 TIMES IN THE MORNING & EVENING

EXERCISE 3 (Upper Arm Fistula)

- Rest your elbow on a table.
- Hold a 2 – 5 pound weight in your hand.
- Raise your hand and bend your elbow.
- Lower your hand down to the table.



REPEAT THIS EXERCISE FOR 1 MINUTE, 3 – 5 TIMES A DAY