



Physical and Occupational Therapy

A guide for parents of children having a transplant

It is important for your child to get regular exercise while recovering from a transplant.

All children having a transplant are referred for physical and occupational therapy (PT/OT) services. A physical and occupational therapist will evaluate your child's mobility and function before the transplant, as part of their 80-day assessment and at 1 year after the transplant. This handout provides you with information about therapy services and tips to help your child stay active during the transplant process.

What will physical and occupational therapy do for our family?

Treatment sessions will take place both in and out of the hospital to help your child stay as active and independent as possible. Each session will be tailored to your child's interests and **will require their participation**. Your therapist will:

- Assess your child's strength, flexibility, balance, endurance, coordination and ability to play.
- Teach your child important exercises and activities that they can do on their own or with your help.
- A physical therapist will focus on gross motor skills to help your child move around their environment in the safest and most effective way.
- An occupational therapist will focus on fine motor skills and daily activities to improve function, well being and promote self-care.

Why is exercise important for my child?

It may be harder for your child to participate in exercise and activities during the transplant process. It is important that your child keep moving during this time. Regular exercise and activity will help:

- Keep your child healthy and strong
- Decrease joint stiffness and maintain flexibility
- Keep the lungs clear of mucus
- Increase cardiovascular strength
- Decrease risk of swelling and pressure sores
- Improve attention and focus
- Promote good mental health, sleep and a sense of well being

To Learn More

- Physical and Occupational Therapy
206-987-2113
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

What can I do to help my child stay active?

- Encourage your child to stay out of bed as much as possible.
- Establish and maintain a regular daily routine with your child.
- Keep your child moving and walking many times a day.
- Have your child get dressed and sit up in a chair for meals.
- Play games with your child and help them complete their exercises.
- Do fun activities together like ride bikes, play basketball, kick a soccer ball, dance, do yoga and stretch.
- You can draw, paint, color, and write poems with your child.
- We have a music and art therapist on staff at the hospital. Let your nurse know if you would like one of them to visit your child.

What if my child needs therapy after discharge?

Physical and occupational therapy are available to your child while they are in the hospital (inpatient) and after they go home (outpatient). Your child's therapist will work with your medical team to determine if your child will benefit from ongoing therapy after their transplant