



# Physical and Occupational Therapy

## A guide for teens having a transplant

It is important for you to get regular exercise while recovering from a transplant. This handout provides you with information about therapy services and tips to help you stay active during the transplant process.

All teens having a transplant are referred for physical and occupational therapy (PT/OT) services. A physical and occupational therapist will evaluate your mobility and function before the transplant, as part of your 80-day assessment and at 1 year after the transplant.

### What will physical and occupational therapy do for me?

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

- Assess your strength, flexibility, balance, endurance and coordination.
- Teach you important exercises and activities that you can do on your own.
- A **physical therapist** will focus on gross motor skills to help you move around your 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?

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

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

### To Learn More

- Physical and Occupational Therapy  
206-987-2113
- Ask your healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### What can I do to stay active?

- Stay out of bed as much as possible.
- Establish and maintain a regular daily routine.
- Keep moving and walking throughout the day.
- Get dressed and sit up in a chair for meals.
- Play games, do your exercise homework and have fun!
- Participate in activities: ride your bike, play basketball, kick a soccer ball, dance, do yoga and stretch.
- You can keep your hands and fingers strong by drawing, painting, playing music and writing.

### 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)

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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