

Physiotherapy department

## **Exercise and relaxation programme following an allogeneic stem cell transplant**

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **[the-christie.patient.information@nhs.net](mailto:the-christie.patient.information@nhs.net)**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week



## What is the programme?

It is a six week programme consisting of exercises and relaxation, designed to improve physical and mental wellbeing after an allogeneic stem cell transplant.

## Who is the programme for?

The programme is for patients who have undergone an allogeneic stem cell transplant and are looking to improve their fitness, strength or flexibility.

It is appropriate for all levels of fitness, as long as you do not require assistance with mobility and are able to get on and off the floor independently.

Your bloods must be stable to attend the class and you should not be dependent on blood product transfusions.

## What are the benefits of the programme?

There are many benefits to the programme which include:

- Specialist advice to help you improve your exercise and activity levels after transplant
- Improving your confidence in exercising after transplant
- Helping you to recover after transplant and reduce side effects
- Helping you to return to your pre-transplant activities and function
- Improving your general fitness, strength and flexibility
- Improving your mental health, reducing symptoms of anxiety and depression.

## When and where are the classes held?

The classes are held in the Rehabilitation unit (department 3) on Mondays at 11:00am for approximately one hour.

The classes will not run on Bank Holidays.

## Who will run the classes?

The classes will be run by a qualified physiotherapist who may be assisted by a physiotherapy assistant.

## How do I get referred?

If you feel this programme may be beneficial to you, please speak with either your physiotherapist or clinical nurse specialist who can refer you.

## What happens after I have been referred?

You will be contacted for a one-to-one assessment, either face-to-face or over the telephone. If the class is suitable for you, you will be referred into the class for a six week block.

**If you would like more information about the programme, please speak to your physiotherapist or contact the Rehabilitation unit on:**

**Tel: 0161 446 3795**