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Physiotherapy Department

Phone: 01 - 4162503/4



## Exercising Safely While Platelets are Low



Physiotherapy Department  
St. James's Hospital



**Patient's name:** \_\_\_\_\_

**Physiotherapist:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Physiotherapy Department,**

**St James's Hospital,**

**Dublin 8.**

**Phone:** 01 - 4162503/4

**Opening hours:** Monday – Friday,

8.00am - 4:30pm

If you experience pain or any unusual symptoms while performing the exercises contained in this booklet, please consult your doctor or your physiotherapist.

This booklet has been designed to safely guide you through exercise at various stages of your treatment while your platelet level is fluctuating. Some days you will be able for more activity than others and this booklet should provide a good reference for you to know what exercises you can safely do when your platelet count is low.

Platelets are the cells that are responsible for clotting of the blood. When platelets are low there can be a risk of bleeding. Therefore, it is important that you do not over-exert yourself when platelets are low and refer to this booklet.

Please ask your Doctor or Nurse what level your platelets are each day if you have not been informed.

## Platelets less than 30



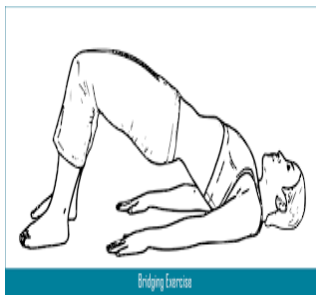
Pump your ankle up/down x 30 repetitions



Bend your knee up/down x 10

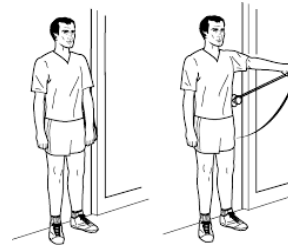


Lift your leg up keeping your knee straight x 10

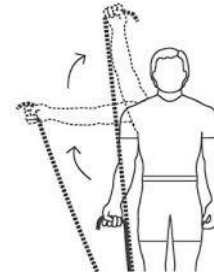


Bend your knees and lift your bum off the bed, hold for 5 seconds x 10

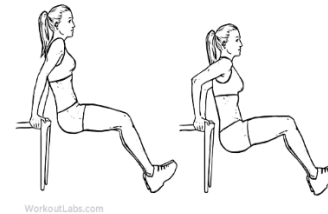
## Platelets greater than 50



Set up the exercise band as shown. Raise your arm up/down forwards slowly x 10



Set up the exercise band as shown. Raise your arm up/down sideways slowly x 10

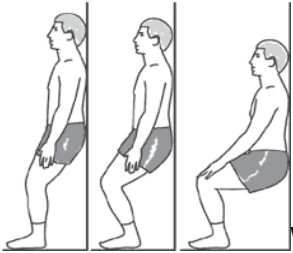


Place your arms on a chair. Lower yourself up/down slowly as shown x 10



Lean your arms on a steady table/arm rests of chair, carry out a press up x 10

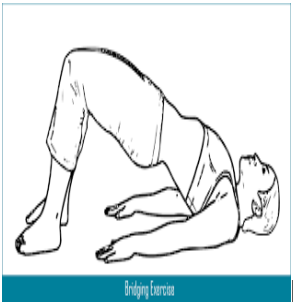
## Platelets greater than 50



With back against the wall, bend your knees slowly x 10



Stand. Raise your heels up/down x 10



Bend your knees and lift your bum off the bed, hold for 5 seconds x 10

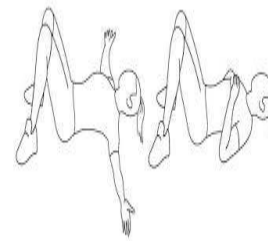


Stand with exercise band wrapped around your leg. Lift your leg out to the side slowly x 10.

## Platelets less than 30



Roll your knees from side to side slowly x 10

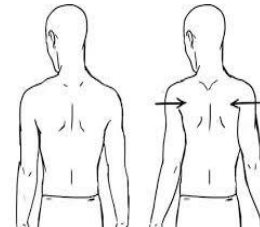


Make large circles with your arms at your side x

10



Straighten your knee slowly x10

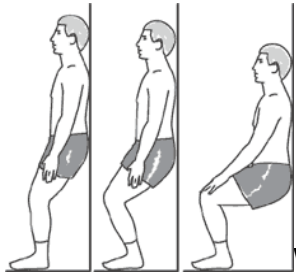


Squeeze shoulders backwards and then forwards x 10

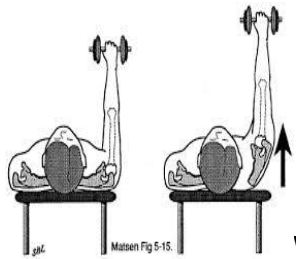
## Platelets 30-50



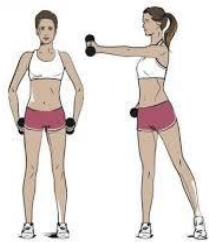
Lift your leg up keeping your knee straight x 10



With back against the wall, bend your knees slowly x 10



With a bottle of water, lift your arm up to shoulder height and back down x 10



With a bottle of water, bring the weight from your chest out forwards x10

## Platelets 30-50



Sit to stand slowly x 10



Stand. Raise your heels up/down x 10



Stand. Extend your leg backwards slowly x 10



Stand. Lift your leg out to the side slowly x 10