

# Did "U" Know?

Most patients are candidates for placement of a fistula, regardless of diabetes or other disease processes. Currently, vascular surgeons are encouraged to perform vein mapping and vessel studies before attempting to place a fistula. Isometric exercises may help develop and enlarge your veins before a fistula is placed and help the fistula mature after placement. The following are a few examples of isometric exercises...



## Upper-arm Isometrics

Tighten the muscles of your upper arm by slightly bending the elbow and pulling the arm in toward your body. Hold for a count of six; relax for one to two seconds before repeating.

Repeat 10 times 4 times a day.



## Lower-arm Isometrics

Turn your hands palms up. Make a fist and curl up your wrist. Hold for a count of six; relax for one to two seconds before repeating.

Repeat 10 times 4 times a day.



## Hand-Squeeze

Use exercise putty or a sponge ball.  
Squeeze them in your hand.

Repeat 10 times 4 times a day.

## Finger Isometrics

Exercising the fingers is important too. Try squeezing a clothespin several times alternating each finger with your thumb.

Repeat 10 times 4 times a day.

