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.**