

Longer versus shorter duration exercise rehabilitation following lung transplantation

ACTRN12611000644965

Status RECRUITING
Sponsor The Alfred Hospital
Enrollment 66 participants

Plain Language Summary

This study compares two lengths of exercise rehabilitation after a lung transplant: a 7-week program versus a 14-week program. All participants do the standard 7 weeks of supervised exercise at the hospital (three times a week), and those in the longer group continue for another 7 weeks. Researchers want to find out if the longer program leads to better fitness, strength, and quality of life.

You may be eligible if:

- You are 18 to 65 years of age
- You have received a lung transplant for a reason other than pulmonary hypertension
- You live in Victoria

You may NOT be eligible if:

- You received a lung transplant because of pulmonary hypertension
- You received a combined heart and lung transplant
- You are currently admitted to an inpatient facility
- You live outside Victoria

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- lung transplant for conditions other than pulmonary hypertension & heart lung transplant

Exclusion (1)

- lung transplant for pulmonary hypertension, heart lung transplant admission to an inpatient facility & non victorian patients

Locations (1 total)

Australia