

# Upper limb rehabilitation following lung transplantation

ACTRN12613000941763

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	The Alfred
<b>Enrollment</b>	80 participants

## Plain Language Summary

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This study looks at upper limb (arm and shoulder) rehabilitation for people who have had a bilateral (both sides) lung transplant. The surgery involves cutting through the breastbone and chest, which can cause significant pain and weakness in the arms and shoulders during recovery. Researchers want to understand how the current exercise program affects healing of the breastbone, strength recovery, pain levels, and ability to get back to normal activities after the transplant.

You may be eligible if:

- You are between 18 and 75 years old
- You have had a bilateral sequential lung transplant through a clamshell or bilateral chest incision
- You are a Victorian resident
- You are male or female

You may NOT be eligible if:

- You had a single lung transplant
- You live interstate (outside Victoria)
- You have been admitted to an inpatient rehabilitation facility

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

## Key Eligibility Criteria

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### Inclusion (1)

- bilateral sequential lung transplantation via clam shell or bilateral anterior thoracotomy incisions

### Exclusion (1)

- single lung transplantation, interstate patients other than Victorians, age < 18, patients admitted to inpatient rehabilitation facility

## Locations (1 total)

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VIC, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12613000941763>

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