Working Out Safely With Cirrhosis

Here are some tips to talk over with your doctor that could help you get into shape in no time at all.

May 8, 2020 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog.

Many have written and asked, so I'm here to tell you that working out safely with cirrhosis is possible. There are things to consider, especially if you have advanced liver disease. I'll give you some tips to talk over with your doctor, and you can be getting into shape in no time at all. Remember, I was working out when my liver failed, and all of these modifications helped to save my life. We have a lot of hurdles like malnutrition, muscle wasting, and for me, training for a liver transplant. Let's get started.

A lot depends on what stage of cirrhosis your liver is in. For stage 3 or 4 you may have decompensation. If you are taking any type of medication, please read below and look for ways to modify. You know you need the muscle, and you've got to be smart to make it happen without ending up in ER.

Working out safely with cirrhosis

When you have to protect your heart, kidneys, and liver AND try to get strong, it's easy to get discouraged. I know. I know. But when you think about how much your doctor is going to need a strong body to work with as they save your life, you help him or her. Find a deep desire within yourself. Make a schedule. Keep with it No Matter What.

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