Results

- SF-36—36-item Short-Form Health Survey, common QOL measure: 7/8 improved PCS, 5/8 improved MCS
- Other QOL: Disease specific (e.g., Quality of Life Index) or generic (e.g., EQ5D)

Examine exercise rehabilitation protocols and their effects on physical capacity and QOL in transplant candidates.

Evidence supports the use of exercise rehabilitation in the pre-transplant period to improve physical capacity and QOL.

Currently, exercise rehabilitation is not a ubiquitous component of pre-lung transplantation programs. This review highlights the importance of exercise. More research is needed to investigate rehabilitation protocols that will optimize clinical and patient-valued outcomes.