

Renal rehabilitation: Present and future perspectives

Misa Miura*

Tsukuba University of Technology, Tsukuba, Ibaraki, Japan

Chronic kidney disease (CKD) is a worldwide public health problem. Renal rehabilitation (RR) is coordinated, multifaceted interventions designed to optimize a renal patient's physical, psychological, and social functioning, in addition to stabilizing, slowing, or even reversing the progression of renal deterioration, thereby reducing morbidity and mortality. RR includes five major components: such as exercise training, diet & fluid management, medication & medical surveillance, education, psychological & vocational counseling. We define RR as, "RR is coordinated, multifaceted interventions designed to optimize a renal patient's physical, psychological, and social functioning, in addition to stabilizing, slowing, or even reversing the progression of renal deterioration, thereby reducing morbidity and mortality. Medical science basically aims to "Adding Years to Life" by increasing life expectancy. Rehabilitation generally aims to "Adding Life to Years" by helping patients with impairment achieve, and use, their full physical, mental and social potential. However, recent growing evidence suggests that rehabilitation for patients with visceral impairment

such as cardiac, renal and pulmonary impairment can not only improve exercise performance and quality of life, but also increases survival. Therefore, modern comprehensive rehabilitation for patients with visceral impairment does not simply aim to "Adding Life to Years" but "Adding Life to Years and Years to Life" which is a new rehabilitation concept. In RR, we should improve not only quality of life but also biological lifespan in patients with CKD. RR is a feasible, effective and safe secondary prevention strategy following CKD, and offers a promising model for new field of rehabilitation. Future RCTs should focus more on the effects of exercise training and rehabilitation programs as these subjects and exercise types have not been studied as much as cardiovascular exercise. Moreover, efforts should be made urgently to increase the implementation rate of the RR.

Now, we should discuss about RR of present and future perspectives through this special issue of Physical Medicine & Rehabilitation Research.

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Correspondence to: Misa Miura, Tsukuba University of Technology, Faculty of Health Science, Kasuga 4-12-7, Tsukuba, Ibaraki 305-852, Japan, Tel: +81-29-858-9552; Fax: +81-29-858-9552 E-mail: m.mirua@k.tsukuba-tech.ac.jp

Misa Miura

Associate Professor

Department of Health

Faculty of Health Sciences Tsukuba University of Technology

Japan

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