

5

facts about physiotherapy and exercise rehabilitation in cancer care



1

Exercise is safe and beneficial before, during and after cancer treatment

A physio-prescribed, individualised program of moderate intensity aerobic exercise and strength training can help:

- reduce cancer-related fatigue
- mitigate treatment effects
- improve quality of life and function.



2

High-impact exercise can improve the bone health of cancer survivors

Bone mineral density in people with hormone-sensitive cancers can be increased through high-impact exercise, including:

- bounding
- skipping
- squat jumps
- leaping.

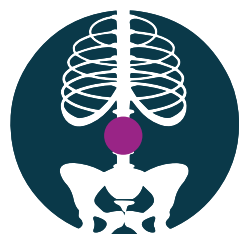


3

Exercise is safe for people with bone metastases

Patients with bone metastases can safely perform exercise prescribed by a physio as long as the exercises:

- take place after a risk assessment by the physio in consultation with the medical team
- are individualised to the patient's needs
- take into consideration the location, size and type of bone metastases
- are monitored and adjustments made when necessary.



4

High-intensity interval training can be prescribed safely in cancer survivors

Short, repeated bouts of high-intensity exercise with short rest periods of little or no exertion can benefit cancer survivors by:

- improving cardiovascular fitness, muscle mass and functional capacity
- increasing glycolytic metabolism
- stimulating immune cell pathways associated with improved cancer outcomes.



5

Exercise is a key part of lymphoedema prevention and management

Any type, intensity or mode of exercise may reduce lymphoedema risk and physios can help by:

- promoting, guiding and encouraging exercise participation
- reassuring patients about fears of developing lymphoedema or of exacerbating existing swelling
- taking an individual approach with compression garments during exercise as needed.



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