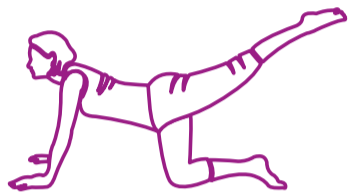


5 facts about physio cancer care



1



Physical activity can reduce the risk of many cancers

Physios are ideally placed to:

- educate patients on the benefits of a physically active lifestyle in reducing the risk of many cancers
- employ physical activity for treatment of other conditions, thereby reducing patient cancer risk
- encourage healthy lifestyle changes, such as ceasing smoking
- promote safe sun practices in line with increased physical activity.



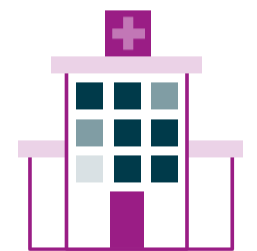
2



Prehabilitation can maximise adherence to cancer therapy and reduce complications

Cancer prehabilitation:

- helps to improve resilience to the effects of cancer treatment
- reduces length of stay in hospital
- enhances recovery and reduces complications
- improves cardiorespiratory fitness
- fosters a sense of control and purpose in people with cancer.



3



Exercise is safe and beneficial during and after cancer treatment

Exercise is an effective and safe way to:

- reduce cancer-related fatigue
- improve quality of life
- minimise the burden of treatment side-effects, thereby improving prognosis.



4



Early detection and management of treatment problems can improve outcomes

Prospective surveillance:

- identifies treatment-related impairments and functional limitations
- is a proactive model of care
- promotes healthy behaviours such as physical activity
- identifies pre-morbid conditions that may impact cancer treatment
- can improve outcomes for people with cancer.



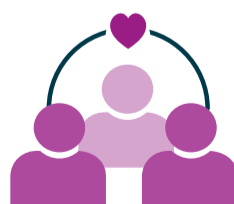
5



The role of physio in palliative care is diverse and patient specific

Physios working with palliative patients:

- deliver pain and symptom management
- deliver lymphoedema management
- educate carers about safe transfer and handling techniques and/or mobility and exercise programs
- assist with early discharge so patients can die at home
- assist with improvements in fatigue, pain and appetite
- facilitate maintenance or improvement of functional aspects of quality of life.



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