

REHABILITATION CONNECTED

Penrose-St. Francis Rehabilitation



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Physical Therapy - Oncology Rehabilitation Program

Studies show that between 70-100% of cancer survivors experience fatigue during and after treatments. In addition to fatigue, survivors can also experience other side effects from cancer and cancer treatments. In fact, 78% of survivors report residual symptoms in the first year of treatment, and 71% report symptoms up to 10 years later. Physical therapy can help you address these problems:

- Fatigue
- Muscle Weakness
- Pain
- Bone Loss
- Decreased endurance
- Balance Problems motion
- Dizziness
- Limitations in range of

❖ Why not rest? Rest causes decreased muscle mass, bone loss, decreased heart and lung function, and increased fluid restriction. Studies have shown that those who are inactive lose 5% of their ability to function in the first 7 weeks of radiation, 16% during the first 9 weeks of chemotherapy, and 19% during high dose chemotherapy.

❖ Exercise has been shown to help manage the side effects of cancer and treatment. Studies have shown that exercise can significantly reduce fatigue, emotional distress, sleep disturbance and anemia as well as improve physical function, body composition, and bone health.

❖ Exercise has also been shown to decrease the risk of return of cancer lesions and mortality. In one study, women who exercised similar to the amount of walking 3-5 hrs/week had the lowest risk of mortality compared to those who did not exercise, those who exercised more, and those who exercised less. Another study showed that women who engage in more than 1hr/week of walking at a brisk pace lower their risk of death from breast cancer by an average of 35-49% compared to women who do not exercise regardless of age, stage of disease, and post diagnosis body mass index

Exercise Guidelines for patients/clients with cancer are listed below. Your physical therapist (PT) or physical therapist assistant (PTA) will help you find the exercises that will work best for you to achieve these goals.

- Aerobic Exercise: exercise at a moderate level of intensity 2-14 days per week for recovery and for prevention. Moderate level intensity means a "brisk walk". Your PT or PTA will help you determine the appropriate intensity level for you.
- Resistance Exercise (weight training): complete 2-3 days of resistance exercise at a moderate intensity for all large muscle groups
- Stretching: 2-3 days of stretching for all muscle groups.

What to expect in your physical therapy sessions

- Customized exercise program for your difficulties based on the latest oncology research
- 30 to 60 mm exercise session with exercises to improve cardiovascular fitness, muscle strength, balance, and flexibility
- Licensed physical therapists and physical therapist assistants to monitor the safety and intensity of your exercise program

