



EXERCISE AND THE BIG 'C'

Welcome to PhysioBiz, with healthcare advice and information you can trust and rely on, brought to you by the South African Society of Physiotherapy!

A diagnosis of the big 'C' is always a scary one regardless of what type and prognosis. Research indicates that regular exercise can improve physical and mental health during cancer treatment.



"Cancer is a word, not a sentence." — John Diamond

Is exercise safe during cancer treatment



Research shows that for most people exercise is safe and helpful before, during, and after cancer treatment. It can help improve your quality of life and energy levels. Physical activity may also help you cope with the side effects of treatment.

How to exercise safely during your treatment:



Start off slowly with the help of your physiotherapist. Your Physiotherapist is an integral part of your team and can assist you in regaining and retaining your strength and health through exercise and movement.



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BENEFITS OF EXERCISE DURING CANCER TREATMENT:



- Reduce treatment-related fatigue
- Maintain heart and lung fitness, physical ability, and strength
- May reduce feelings of anxiety and depression and improve quality of life
- After surgery for lung cancer, decrease the amount of recovery time needed in the hospital



TYPES OF EXERCISE:



Cardiovascular exercise refers to workouts that raise your heart rate, subsequently strengthening your heart and lungs, and can help you feel less tired during treatment. Balance exercises can be done to help your stability, which will prevent injuries and falls. Strength training should be added as muscle loss often happens when a person is less active during cancer treatment and recovery. Some treatments also cause muscle weakness. Strength training, or resistance training, helps you maintain and build strong muscles. Increasing muscle mass can help improve your balance, reduce fatigue, and make it easier to do daily activities. It can also help fight osteoporosis, a weakening of the bones that some cancer treatments can cause. Stretching can help to improve your flexibility, posture, and blood flow.