



# HOW TO START CANCER REHAB

Research has proven that Physiotherapy and supervised exercise improve patient outcomes but where do you start?

## CANCER REHAB CAN HELP PATIENTS:

- ↑ MOBILITY
- ↑ STRENGTH
- ↑ AEROBIC CAPACITY
- ↑ CONFIDENCE TO EXERCISE SAFELY
- ↓ FATIGUE
- ↓ PAIN
- ↓ CHEMOTHERAPY SIDE EFFECTS
- ↓ DEPRESSION
- ↓ ANXIETY

We hope this decision making tool gives you the confidence to get started with exercise. It's designed to help manage symptoms and optimize treatment.

### DO YOU HAVE:

- Multiple Myeloma
- Lung Cancer or a Cardiopulmonary Condition
- A Cardiac/Renal or Metabolic Condition
- Severe Nutritional Deficiencies
- Bone Metastases
- Lung or Abdominal Surgery

**YES**

Consult with a **PHYSICIAN** prior to exercise and consider working with a physiotherapist.

### DO YOU HAVE:

- Pain or Physical Impairment
- Peripheral Neuropathies
- Lymphedema
- Arthritis
- Poor Bone Health
- Other Complex Health Conditions

**YES**

Consult with a **PHYSIOTHERAPIST** prior to exercise (no physician clearance is needed).

If you answered **NO** for all of the above or have already received medical clearance?

**START NOW!**

### Aim for 30 minutes of Moderate to Vigorous Aerobic Activity 3x/week

\*Terminate exercise if you develop: fever, extreme fatigue, increased nausea or chest pain.

\*Start slowly with a walking program first if you are deconditioned

### Aim for 2 Resistance Training sessions weekly

\*If needed, inquire with us for guidance on how to start safely

**Tall Tree Health** offers a variety of cancer rehab services, including one-on-one, group, and even telehealth programs to support you in a cancer rehab program.

Get more information at [www.talltreehealth.ca](http://www.talltreehealth.ca) or email [nadine@talltreehealth.ca](mailto:nadine@talltreehealth.ca) to inquire further. We look forward to working with and supporting you!