

Exercise Considerations Specific to Cancer Type

Gynecologic (Ovarian, Cervical, Uterine)

1. Any swelling of the abdomen, groin or legs should be looked at by your physician before beginning exercise training with the lower body.
2. Monitor for any changes in swelling in the legs, abdomen or groin.
3. Wear a well-fitting compression garment if you have lymphedema.
4. Let your exercise professional know if you are receiving or have been treated with hormonal therapy, have a diagnosis of osteoporosis or have bone metastasis.
5. Work on balance.
6. If you have changes in the sensation in your feet called peripheral neuropathy, choose a stationary bike over a treadmill or have somebody watch you when you exercise.
7. Include pelvic floor and core strengthening exercises.
8. Start with low weights and proceed slowly.

Melanoma

1. Monitor for swelling.
2. Avoid exercises where the hip is bent greater than 90 degrees.
3. Work on getting good range of movement in the treatment areas.

Lung Cancer

1. Do smaller sessions of cardiovascular exercise if you get shortness of breath on exertion.
2. Begin with exercises that are done in sitting.
3. Focus on your breathing and remember to breathe out during the more difficult part of an exercise.
4. Work on posture and shoulder range of motion.

Multiple Myeloma

1. Work on posture and strengthen your upper back.
2. Avoid excessive bending of the trunk like in a traditional sit up or touching your toes in standing.
3. Avoid excessive twisting or extension of the trunk like swinging a golf club or leaning backwards.
4. Avoid explosive or high impact activities like jumping.

Leukemia and Lymphoma

1. Be aware of your blood counts.
2. Focus on strengthening large muscle groups.
3. Work on balance.
4. Challenge your cardiovascular system with aerobic exercises.
5. Work on balance.
6. Do weight bearing aerobic exercises like walking.

Bone Metastasis

1. Talk to your physician first to make sure your bones are strong enough to exercise.
2. Avoid large impact activities like jumping and instead choose lower impact activities like walking or water aerobics.
3. Avoid activities with a high risk of falling, particularly if your balance is not good. You may want to have somebody there to watch you if you use a treadmill. Another option would be to choose an elliptical machine or stepper.
4. Avoid exercises that involve extreme bending or twisting of your spine.
5. See your physician if you have any new severe pain.
6. Use hand held weights instead of machines or equipment that can cause unexpected forces.
7. Be cautious if using heavier weights or doing exercises where the weight is held further away from your body.

PICC Lines

1. No swimming
2. No lifting greater than 10 pounds
3. No contact sports
4. No repetitive movements i.e. shovelling, vacuuming, raking, golfing
5. All movements should be slow and controlled.

Blood Counts

If you are undergoing treatment and know your blood counts here are some guidelines to follow.

What is being counted?	What is normal?	What is concerning?
White blood cells (neutropenia)	4.0-11.0 x 10 ⁹ /L	Less than 1.0 x 10 ⁹ /L
Hemoglobin (anemia)	Female 115-150 g/L Male 135-170 g/L	Less than 80 g/L
Platelets (thrombocytopenia)	150-400 x 10 ⁹ /L	Less than 50 x 10 ⁹ /L

References

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