

Exercise Considerations Specific to Cancer Type

Breast Cancer

1. Let your exercise professional know if you are taking or have received hormonal therapy, have been diagnosed with osteoporosis or have bone metastases.
2. If you have any arm or shoulder problems make sure they are looked at before starting an exercise program involving training with the upper body.
3. Monitor yourself for any changes in arm/shoulder symptoms or swelling and see your health care professional if they occur.
4. Wear a well-fitting compression garment if you have lymphedema.
5. Start with very low weights for strengthening exercises and progress slowly in small increments. There is no upper limit on the weight to which you can progress.
6. Work on having good posture.
7. Do range of motion and stretching exercises for your shoulder and the muscles in your chest.
8. Focus on strengthening the muscles of your upper back and around your shoulder blades.

Prostate Cancer

1. Let your exercise professional know if you are receiving or have been treated with androgen deprivation therapy (hormone therapy).
2. Include pelvic floor exercises.
3. Work on strengthening your core muscles but be careful to avoid a hernia. Ball exercises are a good option.
4. Do not hold your breath while exercising, specifically when lifting weights or performing difficult activities.
5. Avoid exercise machines that put pressure on the abdomen.

Colon Cancer

1. Get permission from your physician before participating in contact sports or weight training if you have an ostomy.
2. Stop exercising if you have a hernia or ostomy related infection.
3. Do not hold your breath while exercising or straining.
4. Start with lower weights and higher repetitions. Progress slowly to avoid herniation of the stoma.
5. Remember that exercise can increase colon activity.
6. Work on core strength and balance.

Brain Cancer

1. Work on balance. Have somebody there to watch you in order to prevent injury.
2. Avoid using the treadmill if your balance is poor. Try a stationary bike or stepper.
3. Choose sitting exercises.

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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