

‘Rehabilitation & Exercise’

- the most powerful prescription

Lou James, Physiotherapist, Pilates Clinical,
Pinc & Steel Cancer Rehabilitation Trust Founder and Trustee



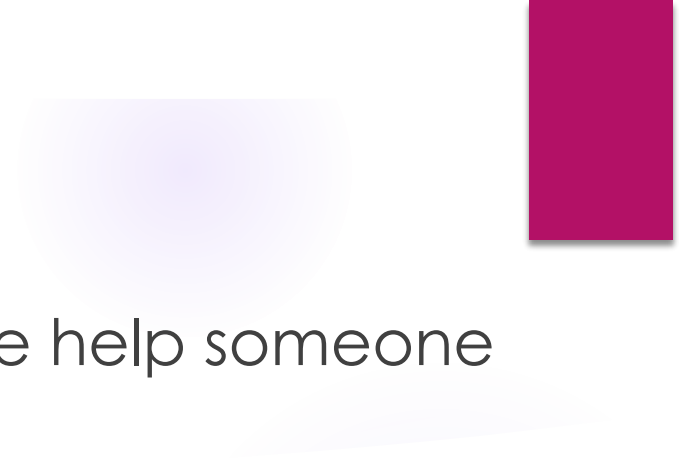
PINC & STEEL
CANCER
REHABILITATION
TRUST

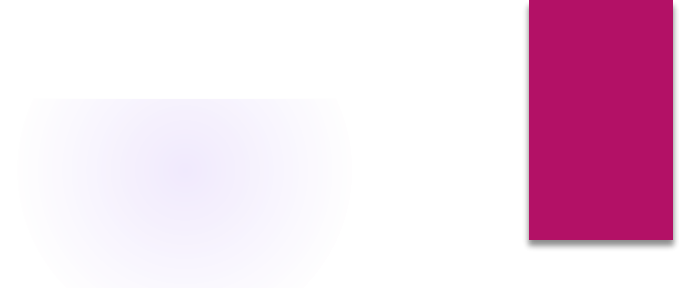
STEEL
REINTEGRATING FOR
MEN WITH CANCER

PINC
PROGRAM
GIVING WOMEN WITH
CANCER STRENGTH

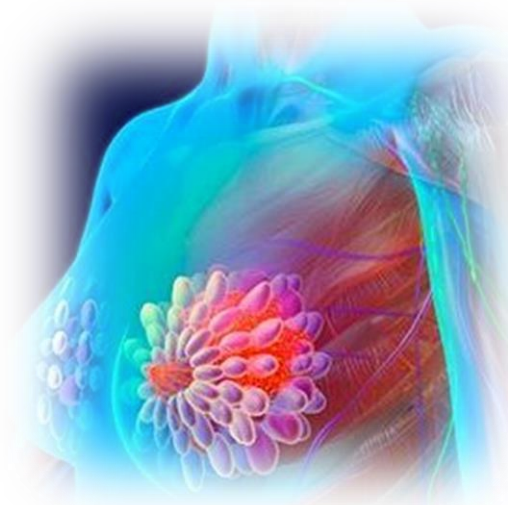
PINC **NEXT**
STEPS
ENHANCING RECOVERY


PADDLE
ON
SUP REHABILITATION

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- ▶ How can prescribed rehabilitation and exercise help someone with advanced cancer?
 - ▶ Cancer rehabilitation and exercise programmes available in New Zealand
 - ▶ A case study of a remarkable woman, Lindsay Grobler

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- ▶ "Cancer **rehabilitation** is a process that assists a person with a cancer diagnosis to obtain **optimal physical, social, psychological and vocational functioning** within the limits created by the disease and its treatment."

Dr. Martin Chasen, Division of Palliative Care,
Élisabeth-Bruyère Hospital, Ottawa, Ontario

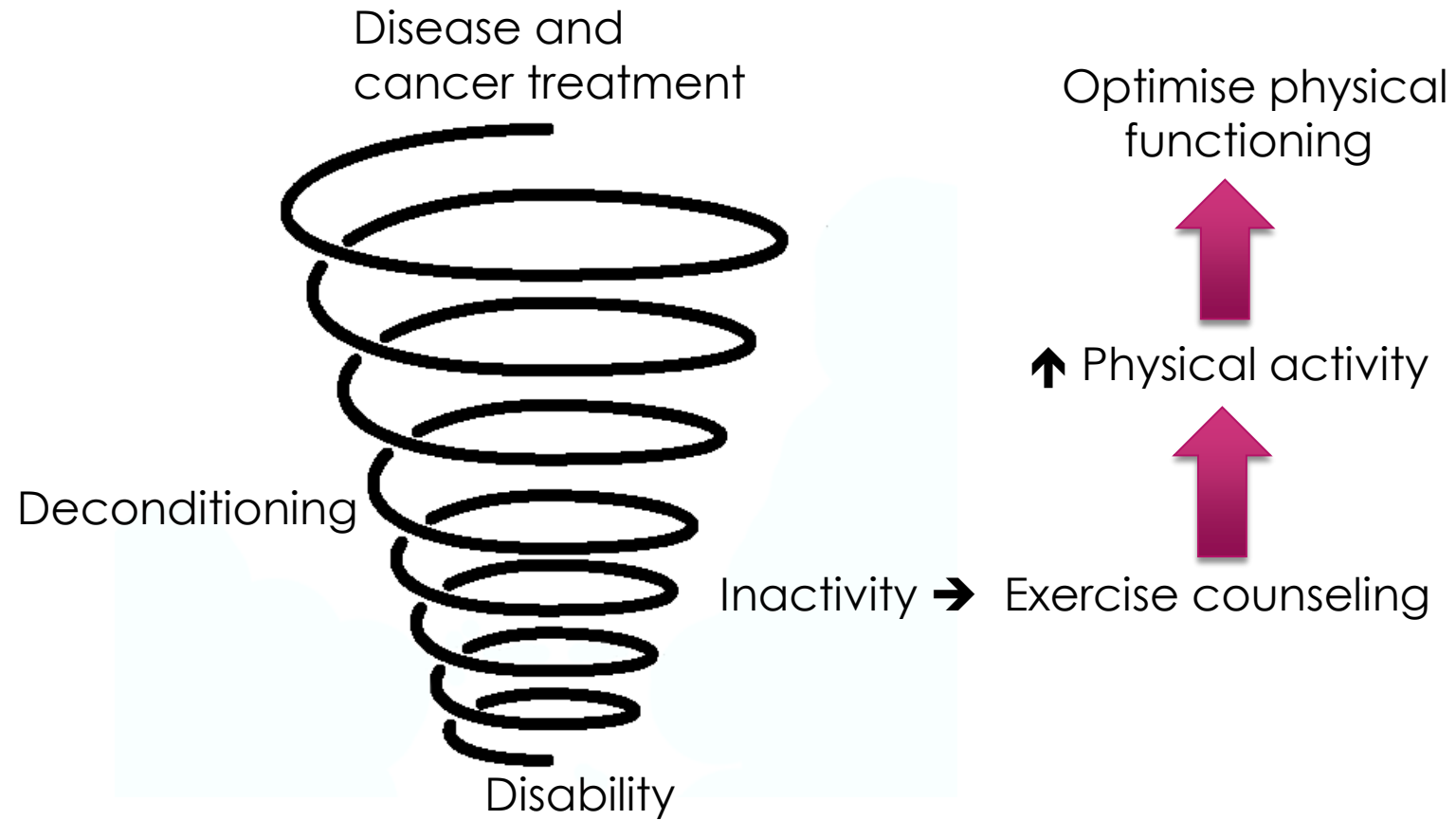


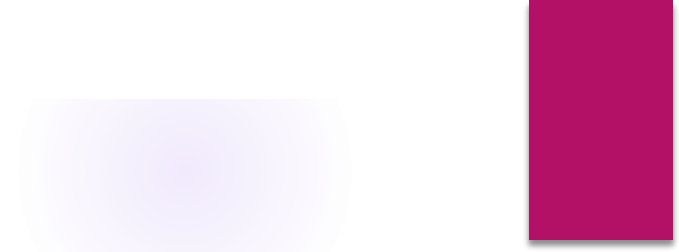
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- ▶ There have been great strides in clinical treatment and **people are now living longer with secondary cancers than ever before**, but with little or no **rehabilitation support**, people are faced with **a constant cycle of illness, treatment and recovery.**

Common side effects of the disease process and cancer treatments include:

- Pain
- Loss of **muscle tone** and **strength**
- **Fatigue**, nausea, depression, reduced sleep
- Poor posture and reduced body confidence
- Neurological impairments
- **Decreased energy levels** and **reduced fitness**
- Decreased joint range of motion
- Lymphoedema, scar adhesions
- Osteopenia/osteoporosis
- Decreased functional capacity

Deconditioning – one of the most prevalent cancer related treatment complications



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- There is a growing body of literature supporting cancer rehabilitation and its potential to **alleviate or prevent physical impairment and functional decline in cancer patients**
 - The latest clinical guidelines from the ASCO address three problems frequently encountered by cancer survivors:
 - Chronic fatigue
 - Peripheral neuropathy
 - Anxiety and depression

Support a non-pharmacological approach being safer and more effective method of treatment for all three problems

Cancer rehabilitation can help in:

- maintaining independence,
- decreasing pain,
- improving sleep,
- decreasing nausea and constipation,
- enhancing energy levels,
- improving physical functioning
- **and quality of life**



Reported benefits of **exercise**

- Physical activity can help :
 - Improve physical abilities
 - Improve balance, reduce falls risk
 - Maintain muscle and bone health
 - Reduce nausea, fatigue, anxiety and depression
 - Maintain independence
 - Improve self-esteem and quality of life



Cancer rehabilitation and exercise programmes available in New Zealand





PINC Programme -

Individualised sessions with a cancer rehabilitation physiotherapist

ONEPATIENT ONEPHYSIO
ONE STEP AT A TIME

BREAST CANCER PATIENT, LINDA SKELTON
WITH PINC PHYSIO, MEGAN SCHMIDT



PINC Cancer rehabilitation includes:

- manual physiotherapy
- progressive resistance training
- clinical pilates
- fatigue management
- breathing education
- exercise prescription



Pinc NEXT STEPS Programme

Physiotherapist lead group classes for women with cancer





PaddleOn Programme

Physiotherapist lead group stand up paddling rehabilitation classes for women with cancer



PINC & STEEL Research

In 2011, a sample of PINC patients in New Zealand participated in research conducted by the Auckland University of Technology.

Patients involved were asked following the programme what they actually gained:

- Improved **strength, fitness** and **flexibility** and
- Significant improvements in their **feelings of well-being, confidence and control of their lives**

This fits well with our understanding now that exercise in this population can decrease levels of anxiety, stress and depression while improving pain, fatigue, shortness of breath, constipation and insomnia.

Ref: Cummins, C., Taylor, D., Smith, G., & McPherson, K. (2011). Perceived benefits of a therapeutic exercise programme for woman diagnosed with breast cancer. Conference presentation. 2011 New Zealand Rehabilitation Association Biennial Conference. Auckland New Zealand.


Lindsay Grobler's story



The Pinc & Steel Cancer Rehabilitation Trust

Making cancer rehabilitation accessible
for New Zealanders





Everyone living with cancer should have the opportunity to
have **rehabilitation support**
to help them be as **independent** as possible,
function at **optimal level**,
manage their **pain and fatigue** and
improve their **quality of life**