

EXERCISE AND CANCER: **A Prescription for Survivorship**

The evidence for aerobic and resistance exercise on the reduction of fatigue is strong. Exercise is safe and effective during treatments to mitigate side effects and may improve overall tolerance for treatment. Exercise during treatments results in significant benefits by increasing immune and physical function, sleep, mood and self-image; it also reduces the risk of heart disease, obesity, decline in bone density, lymphedema, and cancer recurrence by up to 50%.

“Start low, progress slow, and let symptoms be your guide.”

Thanks to advanced treatment options, survival rates are improving every day which also means patients are living longer with the effects of cancer treatments. The vision is to facilitate the transition from illness to wellness to fitness through a 1:1 supervised skilled physical therapy program with the focus on providing a supportive and restorative role to address survivorship issues during and following cancer treatments. Participants will meet 1-2 times per week for 6-12 sessions, focusing on intensity, frequency, and duration under the guidelines of “start low, progress slow, and let symptoms be your guide.”



At Kitsap Physical Therapy, we have therapists who are trained in evidence-based protocols for Strength After Cancer, offering location preference and convenience for patients.

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* CLT: Certified Lymphedema Therapist



kitsap
physical
therapy
AND SPORTS CLINICS

Strength After Cancer

*Bridging the gap between sickness
and fitness starts at the time
of diagnosis*

A comprehensive physical therapy-based program to empower patients diagnosed with cancer to maintain and improve their quality of life during and after cancer treatments

EXERCISE AND LYMPHEDEMA

Lymphedema is an accumulation of protein rich fluid caused by an abnormality of the lymphatic system that causes swelling of affected tissues.

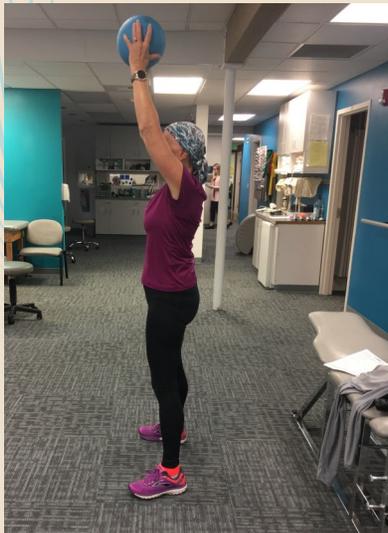
Lymphedema occurs in :

- 17-42% of breast cancers
- 30% in melanoma, gynecological, bladder, testicular, and head and neck cancers

Individuals with or at risk for lymphedema can and should perform aerobic and resistance exercise in a safe manner.

Individuals who participate in a safe exercise program have the following benefits:

- 50% reduced likelihood of lymphedema worsening
- 70% reduced likelihood of lymphedema onset among individuals with 5+ nodes removed



PROGRAM GOALS

Through education, rehabilitation, exercise, and emotional support, we strive to empower our patients diagnosed with cancer to maintain and improve their quality of life during and following cancer. Screening, education, and treatment on special topics such as lymphedema, chemo-related cognitive dysfunction, emotional well-being, and fall risk may be included. The emphasis is on using movement as medicine for prevention, treatment, and mitigation of common adverse side effects of cancer.

FIVE PILLARS OF HEALTH

1. Nutrition
2. Sleep
3. Exercise
4. Emotional stability
5. Community



IS THIS PROGRAM FOR ME?

- Is your fatigue level at least 4/10 on a scale of 0-10, where 0=no fatigue and 10=severe?
- Do you require the use of your hands to get out of a chair or have difficulty getting up off the floor?
- Have you fallen or lost your balance within the last 12 months, are fearful of falling, or feel unbalanced/unsteady?
- Have you had 5 or more lymph nodes removed?
- Do you get less than 30 minutes/day of moderate intensity exercise 5 days/week?

If answered yes to at least TWO of these questions, this program is right for you. Ask your provider for a referral today!

