

Misericordia University

Misericordia Digital Commons

Student Research Poster Presentations 2021

Student Research Poster Presentations

2021

The Effects of Resistance Exercise Training on Quality of Life and Muscle Strength in Patients Undergoing Cancer Treatment: A Systematic Review

Rachel A. Carmody

Misericordia University, carmodyr@misericordia.edu

Evelyn S. Logie

Misericordia University, logiee@misericordia.edu

Hannah J. Larkin

Misericordia University, larkinh@misericordia.edu

Kaitlyn E. Yurenda

Misericordia University, yurendak@misericordia.edu

Zachary M. Mason

Misericordia University, masonz@misericordia.edu

Follow this and additional works at: https://digitalcommons.misericordia.edu/research_posters2021



Part of the [Physical Therapy Commons](#)

Recommended Citation

Carmody, Rachel A.; Logie, Evelyn S.; Larkin, Hannah J.; Yurenda, Kaitlyn E.; and Mason, Zachary M., "The Effects of Resistance Exercise Training on Quality of Life and Muscle Strength in Patients Undergoing Cancer Treatment: A Systematic Review" (2021). *Student Research Poster Presentations 2021*. 20. https://digitalcommons.misericordia.edu/research_posters2021/20

This Poster is brought to you for free and open access by the Student Research Poster Presentations at Misericordia Digital Commons. It has been accepted for inclusion in Student Research Poster Presentations 2021 by an authorized administrator of Misericordia Digital Commons. For more information, please contact jluksa@misericordia.edu, mcech@misericordia.edu.

Resistance Exercise is Safe and Effective for Patients Undergoing Cancer Treatment

CANCER TREATMENT

Breast Cancer

- Chemotherapy
- Radiation

Prostate Cancer

- Androgen Deprivation Therapy (ADT)

Side Effects

- Fatigue
- Weakness
- Nausea/ Vomiting
- Osteoporosis

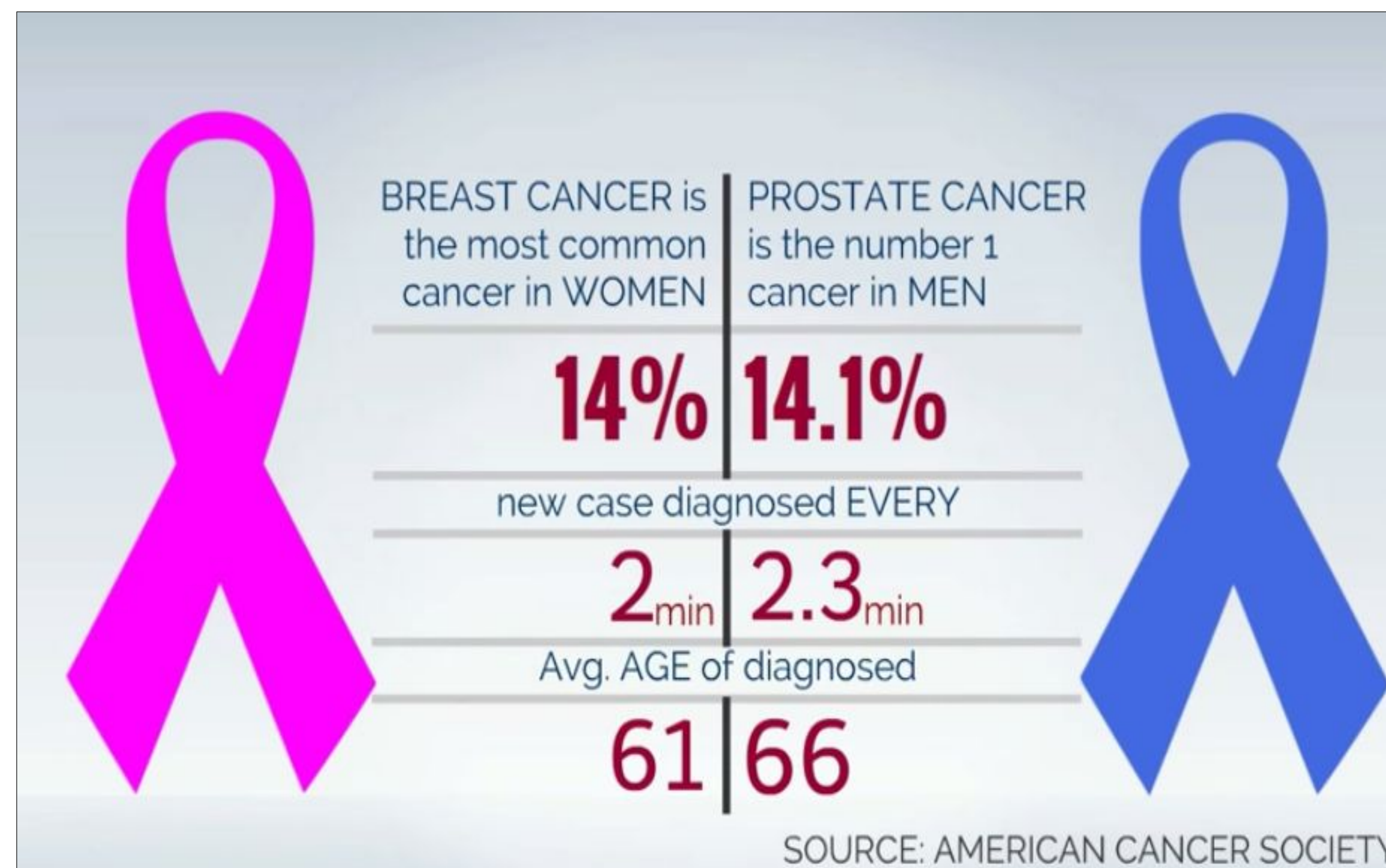
OUTCOME MEASURES

QUALITY OF LIFE	MUSCLE STRENGTH
SF-36	1-REP MAX ASSESSMENT
EORTC	SIT TO STANDS
FATIGUE ASSESSMENT QUESTIONNAIRE	DYNAMOMETER
SLEEP QUALITY INVENTORY	GRIP STRENGTH

This systematic review evaluates the impact of resistance training on quality of life and muscle strength in patients ***undergoing cancer treatment.***



WHY ARE WE WAITING?



EXERCISE PRESCRIPTION ONCOLOGY REHAB

"One exercise per major muscle group, 8 to 15 repetitions per set, 2 sets per exercise"¹⁰

PT IMPLICATIONS

- ★ Resistance training is *safe* and *effective*
- ★ Supervision of exercise improves adherence and increases intensity of performance
- ★ Resistance exercise mitigates adverse side effects
 - Intervention designed to minimize decline in fitness and reduce symptom burden during active treatment
- ★ PT's need a more integral role early in patient's plan of care
 - Proactive vs. Reactive

