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

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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

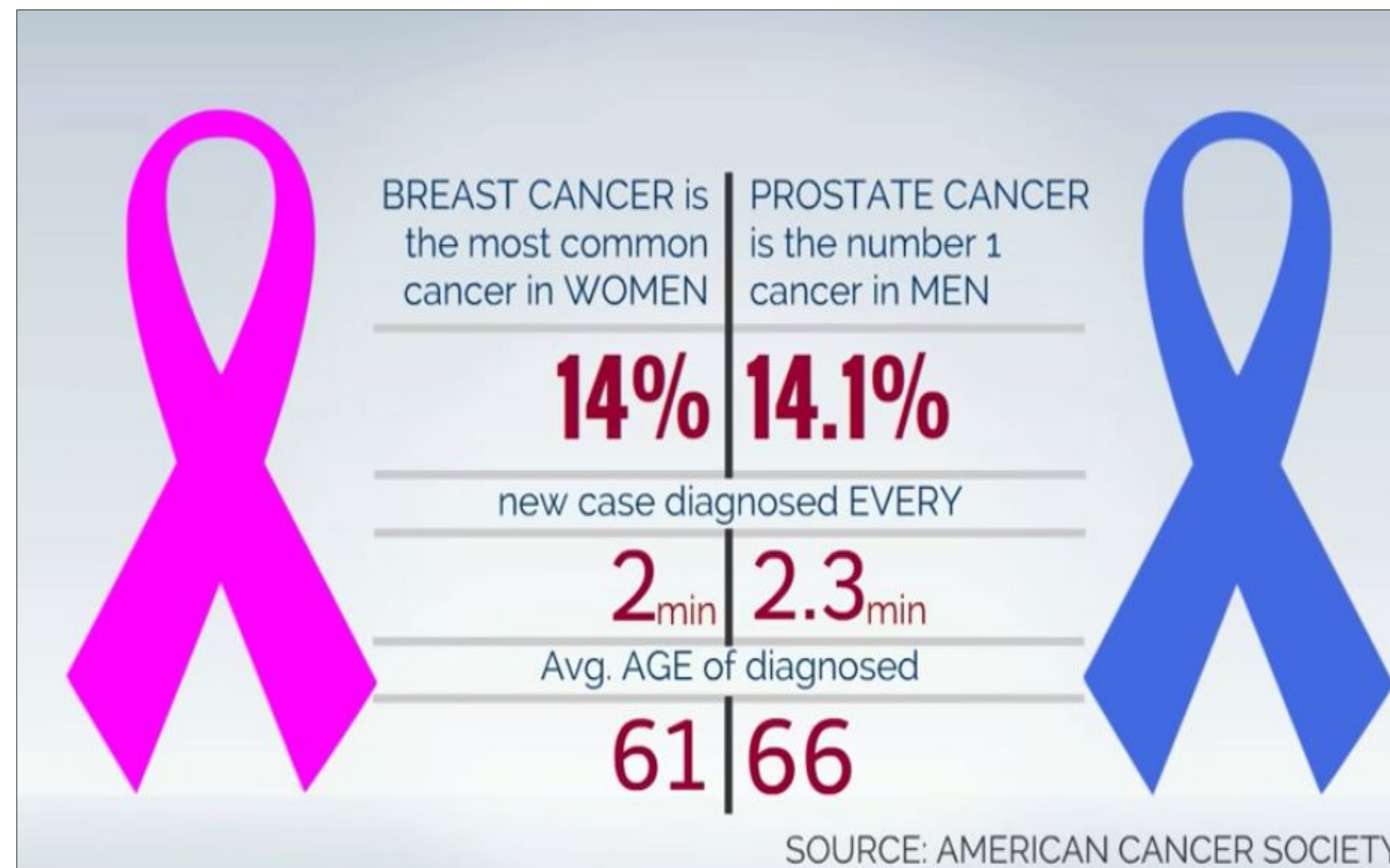
OUTCOME MEASURES

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

