

# 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

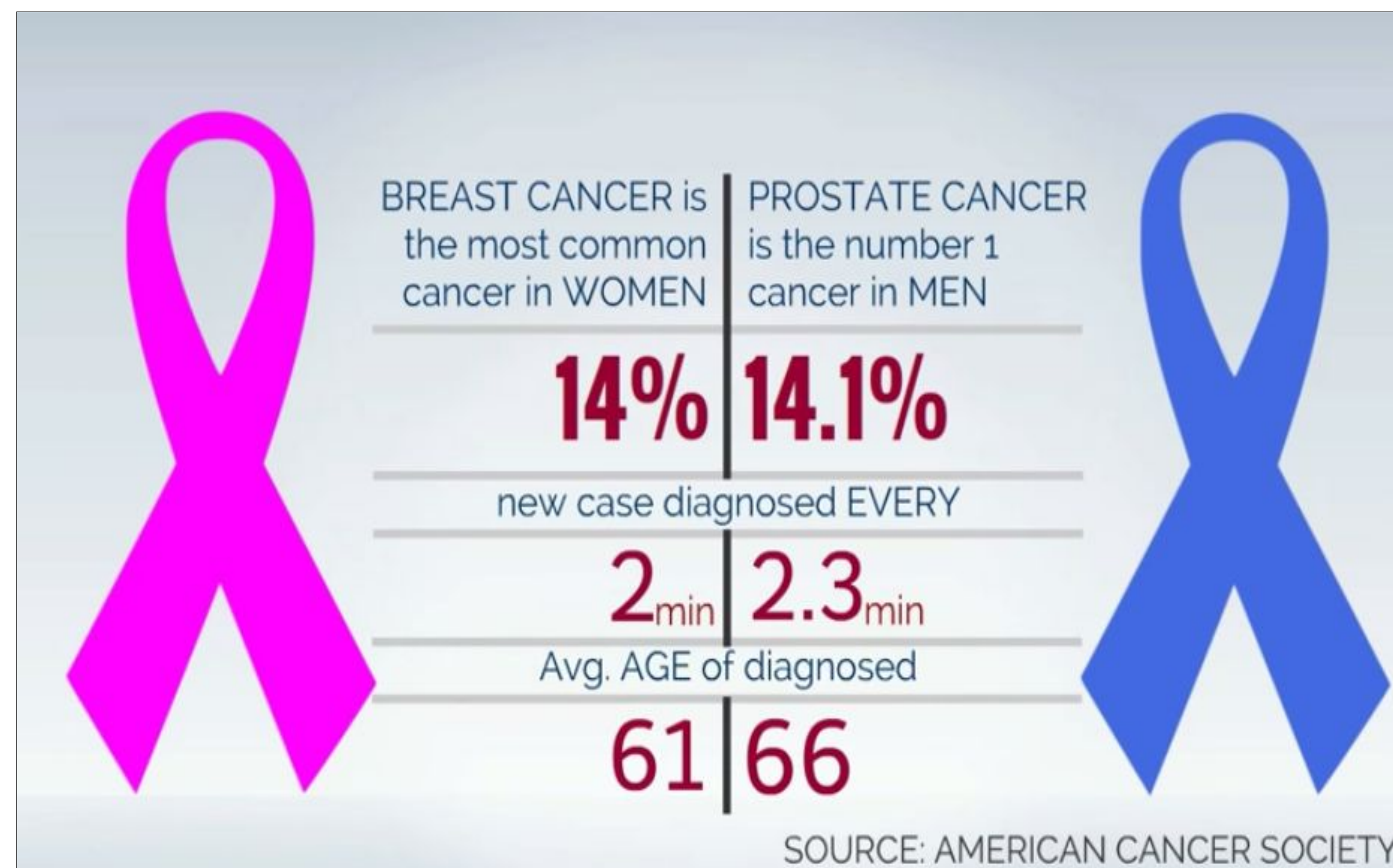
SLEEP QUALITY  
INVENTORY

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"***<sup>10</sup>

## 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

