



WELCOME TO THE PINC PROGRAM

Thank you very much for registering for the **PINC Cancer Rehabilitation Program**. The program is delivered by certified **PINC Physiotherapists** and provides a full range of services designed to care, support and guide women through every stage of their treatment and recovery.

Your **PINC Physiotherapist** will work with you to create a rehabilitation program to suit your stage of recovery. The sessions can include; manual physiotherapy, graduated resistance training, individualised clinical pilates, fatigue management and exercise prescription.

These sessions can help you:

- Optimise your physical and functional recovery
- Ease pain and muscular tension
- Regain strength, flexibility and confidence in your body
- Improve your core strength and posture
- Learn exercises to enhance your own recovery after surgery and prevent long term problems
- Increase energy levels and improve your general fitness
- Achieve your own fitness goals with an individualised, safe training program
- Progress into group classes, Pilates, or NEXT STEPS programs

The PINC Program is chronologically formatted into 4 phases. Timing of each phase is dependent upon your physical condition, the length of the healing process, the type of surgery involved, and the courses of adjuvant treatments.

- **Pre Op Phase** – Designed to prepare you for your upcoming cancer surgery
- **Post op phase** - Designed to assist in the healing process of clients who are recently post surgery or undergoing treatments. To restore strength and flexibility to particular joints and muscle groups that have become weak and inflexible as a result of surgery

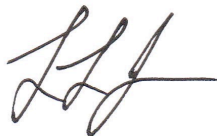
- **Recovery phase** - Designed to help improve energy levels and general well being during cancer treatments. It aims to help clients manage fatigue, restore post op flexibility and strength
- **Fitness phase** - Designed to facilitate overall conditioning and to increase physical stamina. Aims to improve cardiovascular fitness, strength and flexibility to increase endurance, elevate the metabolism, improve muscle tone and body composition

Our team is here to support, motivate and encourage you, while offering the best care and professional advice. At any time you can call your local clinic. We would love to hear from you and help you out with any queries you have.

Phone your local clinic to book your initial appointment. Kindly arrive 10 minutes early to the initial consultation with your PINC Physiotherapist as we will require you to fill out some documentation. Please remember to wear clothing you can move in comfortably.

All the best with your recovery.

Kind regards

A handwritten signature in black ink, appearing to read 'LJ', with a long horizontal stroke extending to the right.

Lou James

Founder and Director

PINC & STEEL International

Trustee PINC & STEEL Cancer Rehabilitation Trust

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