



MOVE™ OVER CANCER

RECOVERY AND EXERCISE RECOMMENDATIONS
FOR MEN FACING CANCER

**PINC &
STEEL**
INTERNATIONAL

STEEL
PROGRAM
REINTEGRATING FOR
MEN WITH CANCER

**PINC &
STEEL**
INTERNATIONAL

STEEL
PROJECT
RE-STRENGTHENING FOR
MEN WITH CANCER



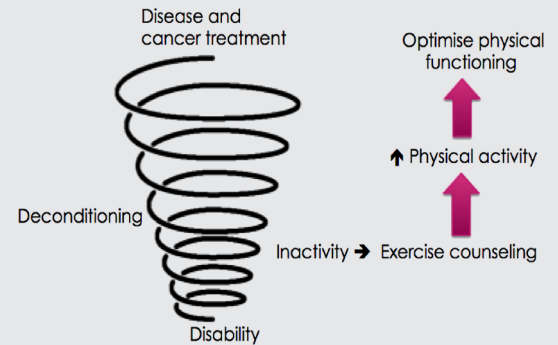
TIP

1

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AVOID INACTIVITY

- **Move your body**
- **Deconditioning** can occur very quickly and can have a compounding effect. The less you do the less you are able to you.
- It needs to be understood that while surviving cancer itself is a difficult journey, suffering from additional complications related to inactivity can make **recovery more difficult, can affect cancer survival itself and can lead to serious lifelong complications.**
- If you are **avoiding** moving any part of your body due to pain, stiffness, or fear then it is essential that you see a cancer rehab Physio for a physical assessment so they can help get you moving safely again.
- Short regular sessions are helpful, especially when you are starting out and don't have the time or energy for a long exercise session



TIP

2

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GET A PHYSICAL AND FUNCTIONAL ASSESSMENT WITH A CANCER REHAB PHYSIO

- Rehabilitation is an extremely important part of cancer care – along with the **best medical treatment** – you also need the **best physical rehab treatment available**.
- **One size doesn't fit all. Individualised care is essential first.** Every single person's cancer is different, even those diagnosed as the same type and stage. People respond very differently to treatment and need individualised rehabilitation to suit them.
- All cancer treatments have an impact on your body. Your physio will be able to advise you on what you can do to overcome some of the impact that the treatments are having on your body to maximise your recovery.
- Addressing signs and symptoms early can save a lot of time and money later, **improve your recovery time and prevent long-term problems**.



TIP

3

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BE PROACTIVE ABOUT DOING THINGS TO DECREASE STRESS

- There is no way to navigate a cancer diagnosis without a tremendous amount of stress. Much of the stress that goes along with a cancer diagnosis is related to the uncertainty that accompanies it.
- Too much stress can make you feel emotionally battered.
- We know things like exercise, going fishing, and gardening can help.
- Studies have shown that getting outside and reconnecting with nature can help reduce stress, lift depression, improve energy and boost overall wellbeing.
- Stress can also be greatly reduced when we increase our social connections. Catching up with your mates is important.
- Put simply: **TOGETHER WE'RE BETTER**



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TIP

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PRIORITISE ‘EXERCISE’ EACH WEEK LIKE YOUR LIFE DEPENDS ON IT

- The research is undeniable – exercise is so important for mental and physical wellbeing and quality of life.
- **Cancer survival – exercise reduces risk of death by nearly a half.**
- Ref: A review in May 2017 of more than 100 studies involving tens of thousands of cancer patients worldwide found **mortality rates among those who regularly exercised fell up to 44%. The risk of cancer recurrence dropped up to 33%** and the side effects of chemotherapy were also less pronounced.
- **150 minutes of moderate physical activity per week** plus 2 to 3 resistance workouts is recommended.
- If you aren't hitting these targets you should seek support to help you incorporate **more activity** into your week.
- Exercise is a priority but it needs to invigorate you, not wear you out.
- The **type, intensity** and **duration** of exercise may need to change from what you have previously done. This could include circuit training with prescribed rest to work ratios tailored for where you are at in your recovery.
- Exercise needs to be something you enjoy and doesn't necessarily need to be under fluorescent lights at the gym.



TIP

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LISTEN TO YOUR BODY

- Don't ignore symptoms. **Get pain, swelling, pins and needles, signs of infection and stiffness checked.**
- Your health and recovery process is always changing. It's important to have your doctor or physio monitor your blood count, muscle and joint pain, and fatigue.
- If you are struggling to cope at work make sure you seek help to manage this for you.
- Many symptoms that are common to men undergoing cancer treatment like fatigue, pain, bowel and bladder problems, can all be treated much easier if they are picked up early.



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TIP

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FEEL STRONGER WITH **RESISTANCE TRAINING**

- Resistance training is exercise that uses springs, pulleys, bands or weights. It can help to:
 - Increase strength
 - Improve range of motion
 - Improve balance and reduce falls risk
 - Maintain muscle and bone health
 - Reduce stress, fatigue, anxiety and depression
 - Improve feelings of well-being, confidence and control of your life
 - Assist weight control
- Exercising with free weights and resistance bands is inexpensive and easy to work into a home routine.



TIP
7

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REST BUT NOT TOO MUCH - **SEEK HELP FOR FATIGUE**

- Fatigue is being tired – physically, mentally and emotionally and it is the most common side effect of cancer treatment
- It is important to seek support, if left untreated, it will severely impact your quality of life
- Some signs of cancer-related fatigue are:
 - Prolonged, extreme tiredness after an activity
 - Feeling weak, tired, weary or exhausted even after sleeping
 - Too tired to complete normal every day activities
 - Trouble concentration, thinking clearly or remembering
- Some strategies to help you manage fatigue are:
 - Rest, but not too much. Establish good night time sleeping patterns, take short naps rather than one long rest during the day
 - Stay Active – Regular moderate exercise has been shown to ease symptoms of fatigue. Its important that you pace your exercise
 - Save your energy. Prioritise your day and plan ahead. Take rests when needed and don't push yourself to fit too much in your day



TIP

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CELEBRATE YOUR WINS

- Set small goals and celebrate your wins.
- Taking the first step to write down a goal gives you something to strive towards, as well as look forward to.
- The sense of accomplishment that comes from achieving your goals can feel very empowering, satisfying and healing.
- Don't forget to celebrate each little win on your road to recovery.







REMEMBER EVERY SINGLE PERSON'S ROAD TO RECOVERY IS DIFFERENT. DON'T STRUGGLE ON YOUR OWN SEEK HELP. **THERE ARE PEOPLE WHO CAN HELP AND UNDERSTAND THE CHALLENGES YOU ARE GOING THROUGH.**

TAKE CARE OF YOU.

TO FIND A CERTIFIED CANCER REHAB PHYSIOTHERAPIST NEAR YOU GO TO www.pincandsteel.com AND REGISTER ONLINE FOR THE STEEL PROGRAM

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