Why do I need rehab?

All cancer patients can benefit from an exercise programme, recent research has overwhelmingly supported exercise to treat and prevent the negative physical and psychological effects of cancer treatment.

Key Questions:

- Are you feeling generally weak or is your fatigue disproportionate to the activity you are doing?
- Do you have treatment-related pain?
- Has your cancer treatment left you with tingling, numbness, instability, difficulty balancing or walking in your extremities?
- Do you suffer from lymphedema with pain, swelling and stiffness?
- Has your quality of life been affected by your cancer treatment?
- Are you struggling with depression caused by your cancer treatment?

Don't worry about your fitness levels - the programme is specific for oncology patients and is carried out at a lower intensity and progressed at a slower pace to safely alleviate your cancer treatment related symptoms.
Can-REACT
A Cancer Exercise Programme Designed for You

OUR APPROACH TO CANCER EXERCISE

We will perform an initial physiologic evaluation that looks at the whole person, your complete medical history, the type and phase of cancer treatment you are undergoing or whether you have completed your active treatment phases. We will obtain your medical risk assessment and consent to participate in the exercise programme from your GP.

During this initial evaluation, we will perform certain objective tests to set baselines for things like cardiorespiratory performance, strength and balance. This means that we can objectively measure your progress through the course of the programme.

The Programme
- The programme includes a full physiologic assessment of fitness
- A full personalized exercise programme based on your fitness levels and including the following:
  • Cardiorespiratory fitness exercises
  • Strength and endurance Training
  • Balance Training
  • Flexibility and mobility
- A weekly supervised exercise session
- Membership to the Kingfisher club Gym for the duration of the programme
- Opportunity to participate in community-based exercise programs
- Nutrition advise, planning and monitoring for healthy weight management
- Evaluation of well-being and motivation
- Participate in the design and development of post-treatment resources

Special exercise programme and support is provided for reducing the symptoms of treatment and surgery including lymphedema.

Our core treatment sessions are always one-on-one and include individually tailored exercise and nutrition plan. All exercise plans are set at a level appropriate to your diagnosis, treatment and physical condition when you start the programme. Progress is evaluated on a monthly basis.

Contact us:
Ananya Gupta (Email: ananya.gupta@nuigalway.ie Tel: 085-1026457)
Siobhan Coughlan (Email: SiobhanA.Coughlan@hse.ie Tel: 087-9652983)
Information sheet and consent to participation:
Please read the information in the attached flyer and sign below if you wish to participate in the programme.

I consent to participating in the exercise program and evaluation of fitness as described in the attached flyer.

Name:
Contact details:

Signature:
________________________________________________________________________

I understand that I can withdraw from this programme at any time. I can ask the researchers about any further questions regarding this project.

Thank-you for your help in this matter

Signature:
________________________________________________________________________

Dr Ananya Gupta
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