



CARE Clinic Physical Therapy Recommendations

As you age, it can become difficult to get around the community and perform your usual daily activities. A physical therapist is a member of the multi-disciplinary team that will be working with you within this clinic. The physical therapist is here to help you reduce pain, restore function, prevent disability and promote movement. They will make recommendations for exercise, further treatment and assistive devices where needed. The following packet includes basic exercises to help strengthen your legs, arms, and improve posture, as well as stretches to help keep you mobile.

Contents:

- Sample Exercise Schedule
- Stretches
- Strengthening Exercises: Posture
- Strengthening Exercises: Legs
- Strengthening Exercises: Arms
- Exercise Log
- Notes & Questions

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Sample Schedule

The American College of Sports Medicine (ACSM) recommends that cancer patients and survivors complete at least 150 minutes of moderate intensity aerobic exercise per week (e.g. 20 minutes every day OR 40 minutes every other day), resistance exercise 2-3 days/week, and daily stretching. Below is a sample schedule that you can use if you are not sure where to start.

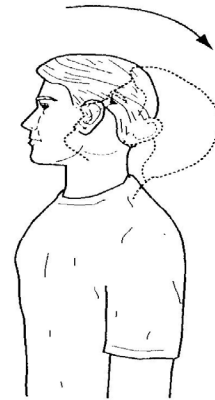
Monday	Walk/bike for 20-30 minutes	Stretching	Strengthening Exercises: Posture
Tuesday	Walk/bike for 20-30 minutes	Stretching	Strengthening Exercises: Legs
Wednesday	Walk/bike for 20-30 minutes	Stretching	Strengthening Exercises: Arms
Thursday	REST	REST	REST
Friday	Walk/bike for 20-30 minutes	Stretching	Strengthening Exercises: Posture
Saturday	Walk/bike for 20-30 minutes	Stretching	Strengthening Exercises: Legs
Sunday	Walk/bike for 20-30 minutes	Stretching	Strengthening Exercises: Arms

Stretches

These stretches are designed to increase your flexibility and loosen muscles in your neck, legs, and chest that are commonly tight. This will help you relax and move around more easily. Hold each stretch as directed or until you feel a gentle pull.

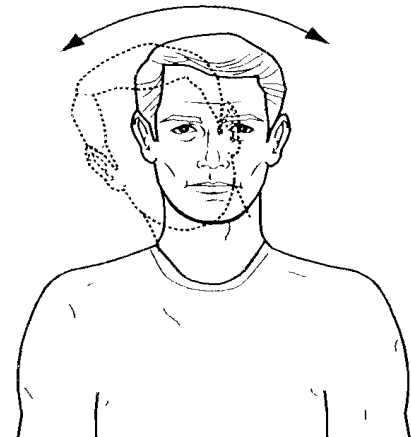
Neck Extension

1. Bend your head backwards.
2. Hold for 5 seconds and repeat 10 times.



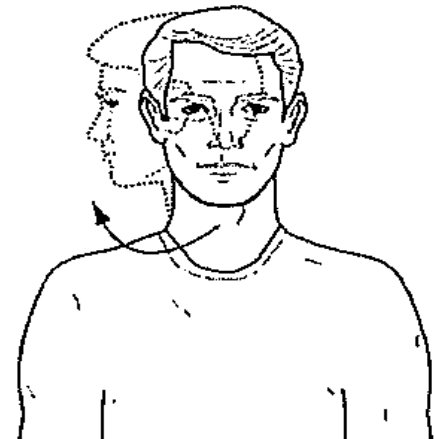
Neck Side Bending

1. Bend your head towards your shoulder keeping your eyes forward.
2. Keep the shoulders down.
3. Hold for 15-30 seconds. Repeat 2 times in both directions.



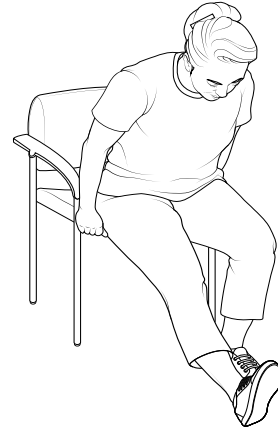
Neck Rotation

1. Turn your head to look over your shoulder.
2. Hold for 5 seconds.
3. Turn to look over the other shoulder.
4. Hold for 5 seconds. Repeat 10 times.



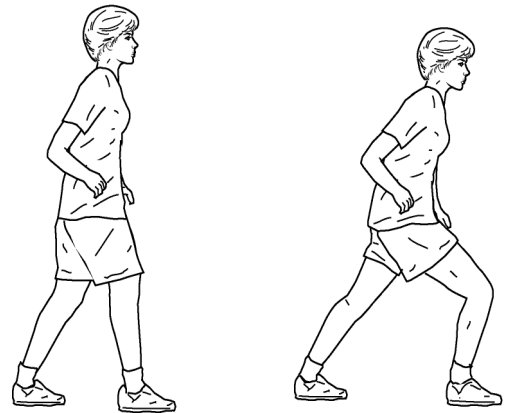
Hamstring Stretch

1. Sit at the front edge of a chair.
2. Put your leg out straight and point your toes up.
3. Keep the knee of your other leg bent.
4. Lean over your extended leg and reach towards your toes.
5. Hold for 15-30 seconds.
6. Repeat 2 times with each leg.



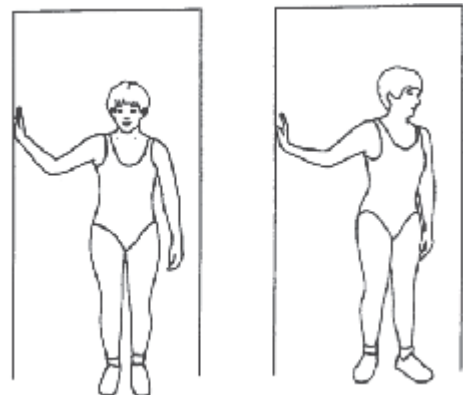
Calf Muscle Stretch

1. Move your left foot back and keep your leg straight.
2. Move your right foot forward with the knee bent. Keep the knee in line with your ankle.
3. Press the heel of your left foot into the floor.
4. You should feel a stretch up the back of your lower leg, from your heel up to the back of your knee.
5. Repeat with the right leg back and the left leg forward.



Chest Stretch

1. Stand next to a wall with your arm stretched out to your side. Put your palm flat against the wall.
2. Turn your body away from your arm until you feel a comfortable stretch across your chest.
3. Hold for 15-30 seconds and slowly return to starting position.
4. Repeat 2 times on each side.



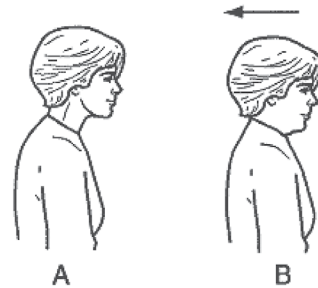
Strengthening Exercises

All of these exercises will strengthen the muscles that help with posture, walking, and arm strength. They will help you sit and stand straighter, get around your community better, and do your normal daily activities more easily.

Posture

Chin Tuck

1. Pull your chin back like you are trying to make a double chin.
2. Hold for 5 seconds.
3. Relax and repeat 10 times.



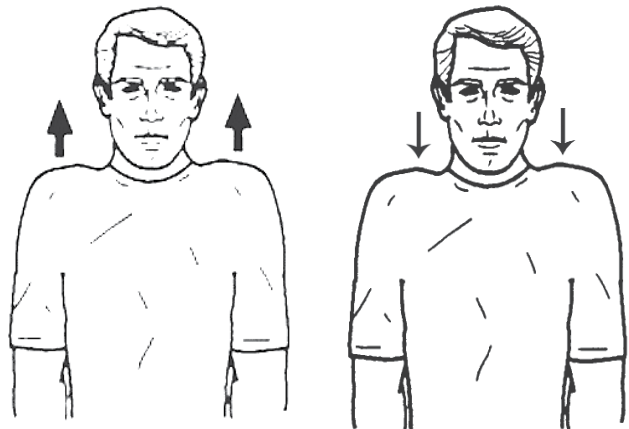
Shoulder Blade Exercise

1. With your arms bent at the elbows, push your shoulder blades together in back of you. Try not to lift your shoulders up.
2. Hold for 5 seconds.
3. Relax. Repeat 10 times.



Shoulder Shrug

1. Breathe in (inhale) and lift both shoulders up toward your ears.
2. Breathe out (exhale) and move your shoulders back to starting position.
3. Inhale and pull your shoulders down as far as you can.
4. Exhale and move your shoulders back to starting position.
5. Repeat 10 times.

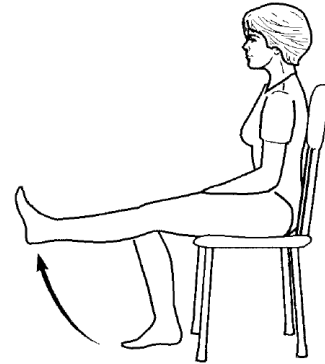


Strengthening Exercises – Continued

Leg Exercises – Seated

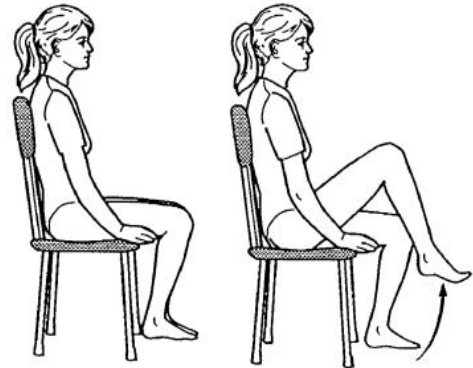
Straight Leg Lift

1. Straighten right knee out in front of you.
2. Hold 5 seconds, bend your knee slowly and lower your leg to bring your foot back down to the floor.
3. Repeat with each leg 10 times.



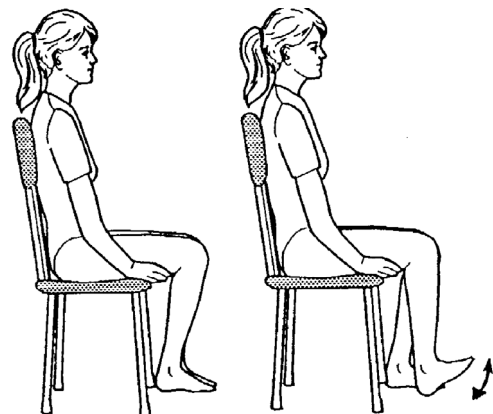
Hip Flexion

1. Keep your knee bent and lift your leg up as high as possible. Lower it down slowly.
2. Repeat with each leg 10 times.



Ankle Pumps

1. Place your feet flat on the ground.
2. Move your foot up and down as if pushing down or letting up on a gas pedal in a car.
3. Hold 5 seconds.
4. Repeat 10 times.

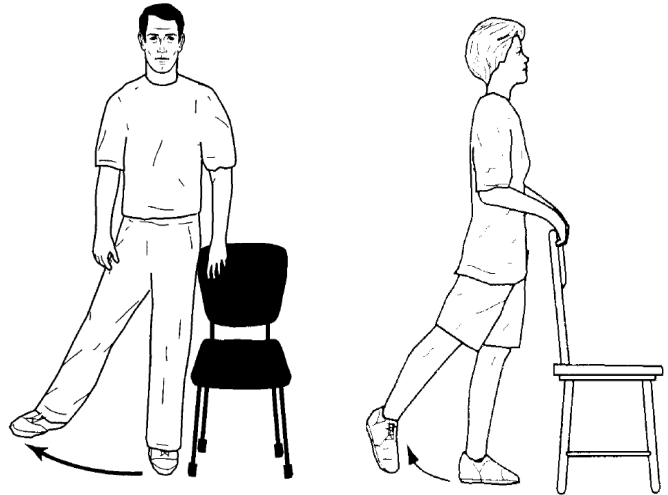


Strengthening Exercises – Continued

Leg Exercises – Standing

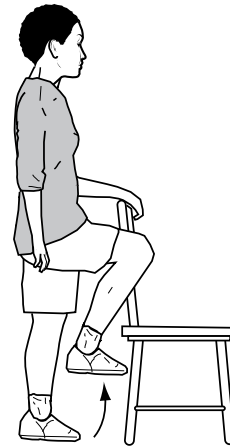
Standing Leg Kicks

1. Hold onto a counter or table and move your leg out to the side and back. Keep your chest upright.
2. Repeat 10 times, then switch sides.
3. Next, move your leg behind you and then return. Keep your chest upright.
4. Repeat 10 times, then switch sides.



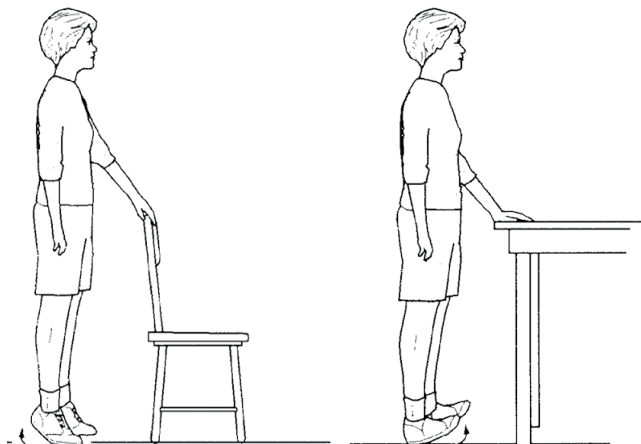
Marching

1. Stand with your feet slightly apart. Hold on to a counter or table.
2. Lift your right knee up to waist level.
3. Return your foot to the floor.
4. Repeat with your left leg.
5. Repeat 10 times.



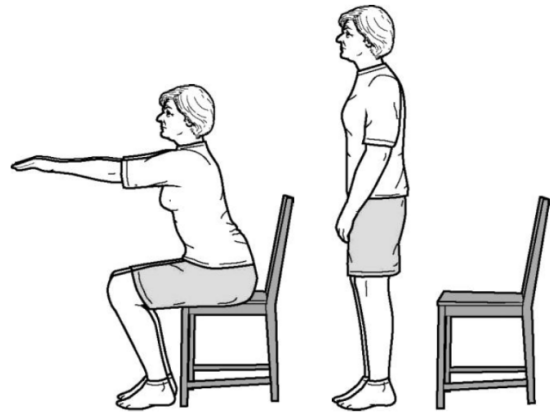
Heel/Toe Raise

1. Hold onto a counter or table in front of you.
2. Place your feet shoulder width apart and push up onto the balls of your feet.
3. Hold 5 seconds, then rock back on your heels and hold another 5 seconds.
4. Repeat 10 times.



Sit-to-Stand

1. Sit on a chair with your feet on the floor in front of you.
2. Use your legs to stand all the way up. Try to avoid using your hands.
3. Sit back down slowly.
4. Repeat 10 times.

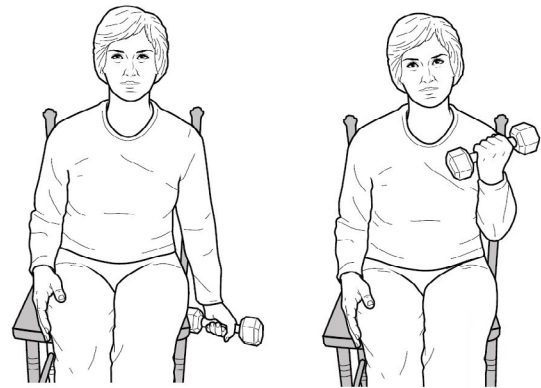


Strengthening Exercises

Arm Exercises

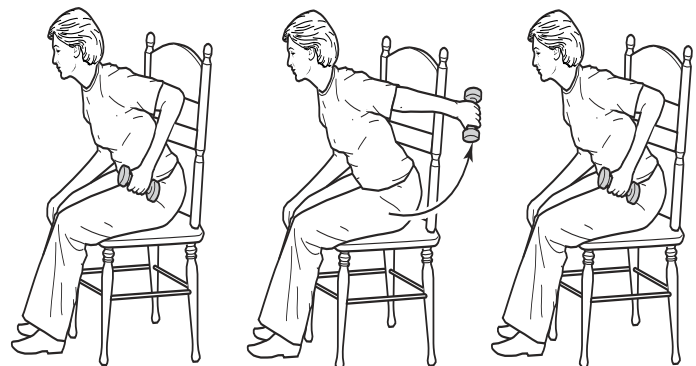
Bicep Curls

1. Sit in the chair with your elbow tucked at your sides.
2. Bend your elbow up, bringing your palm to your shoulder.
3. Slowly bend your elbow back down to your side.
4. Repeat with the other arm.
5. Repeat 10 times.



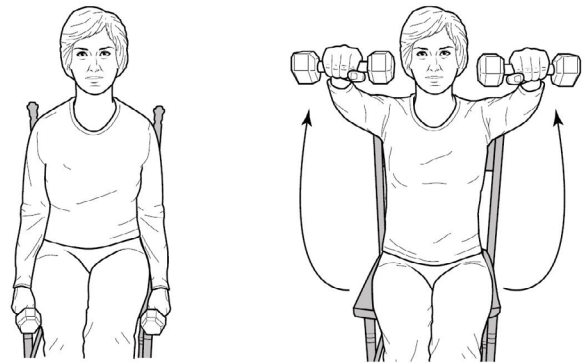
Triceps Extension

1. Sit leaning forward
2. Bend your elbow to bring it up toward your back.
3. Straighten your arm out behind you.
4. Hold and then slowly bend your elbow back to the starting position.
5. Repeat with the other arm.
6. Repeat 10 times.



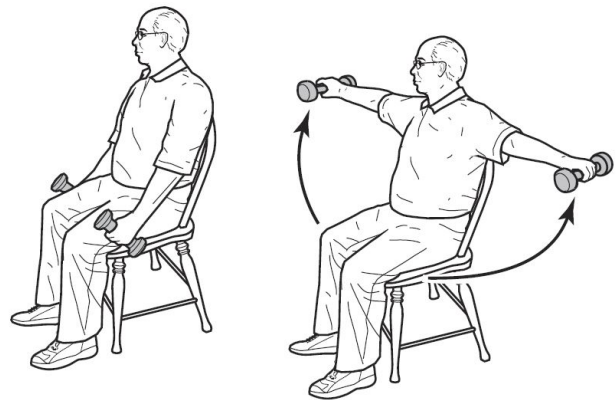
Front Raise

1. Sit in chair with your head up and your back straight. Hold the weight at your sides with your arms straight.
2. Bring your arms straight up in front of you to shoulder height.
3. Slowly lower your arms back down.
4. Repeat 10 times.



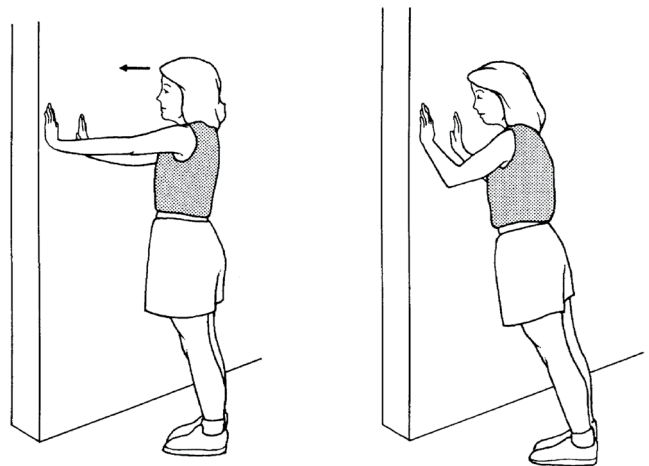
Butterfly Wings (lateral raise)

1. Sit in chair with your head up and your back straight.
2. Hold the weight at your sides with your arms straight.
3. Bring your arms straight up at your sides to shoulder height, like butterfly spreading its wings.
4. Slowly lower your arms back down to your sides.
5. Repeat 10 times.



Wall Push-up

1. Face the wall and place your hands on the wall at shoulder level.
2. Slowly bend your elbows to move your body towards the wall slowly.
3. Straighten your elbows until your body is upright.
4. Repeat 10 times.



Exercise Log: Oncology Rehabilitation

* Rate of Perceived Exertion (RPE)	RPE Scale
This tells how you feel when you are exercising. Choose a number between 0 and 10 to rate how much effort you had to use. The lowest number 0 means no effort to exercise. A 5 means you had to use strong effort to exercise. Try to exercise around a RPE level of 6 and no higher.	0 No effort 1 Light effort 2 Light effort 3 Moderate effort 4 Moderate effort 5 Strong effort 6 Strong effort 7 Very strong effort 8 Very strong effort 9 Very, very strong effort 10 Maximum effort

Date/Time	Length of Time Walking	Stretches	Strengthening	Notes
Sample	30 minutes	✓	Arms	Used 2 pound dumbbell for strengthening

Notes and Questions

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