

Movement Beyond Cancer

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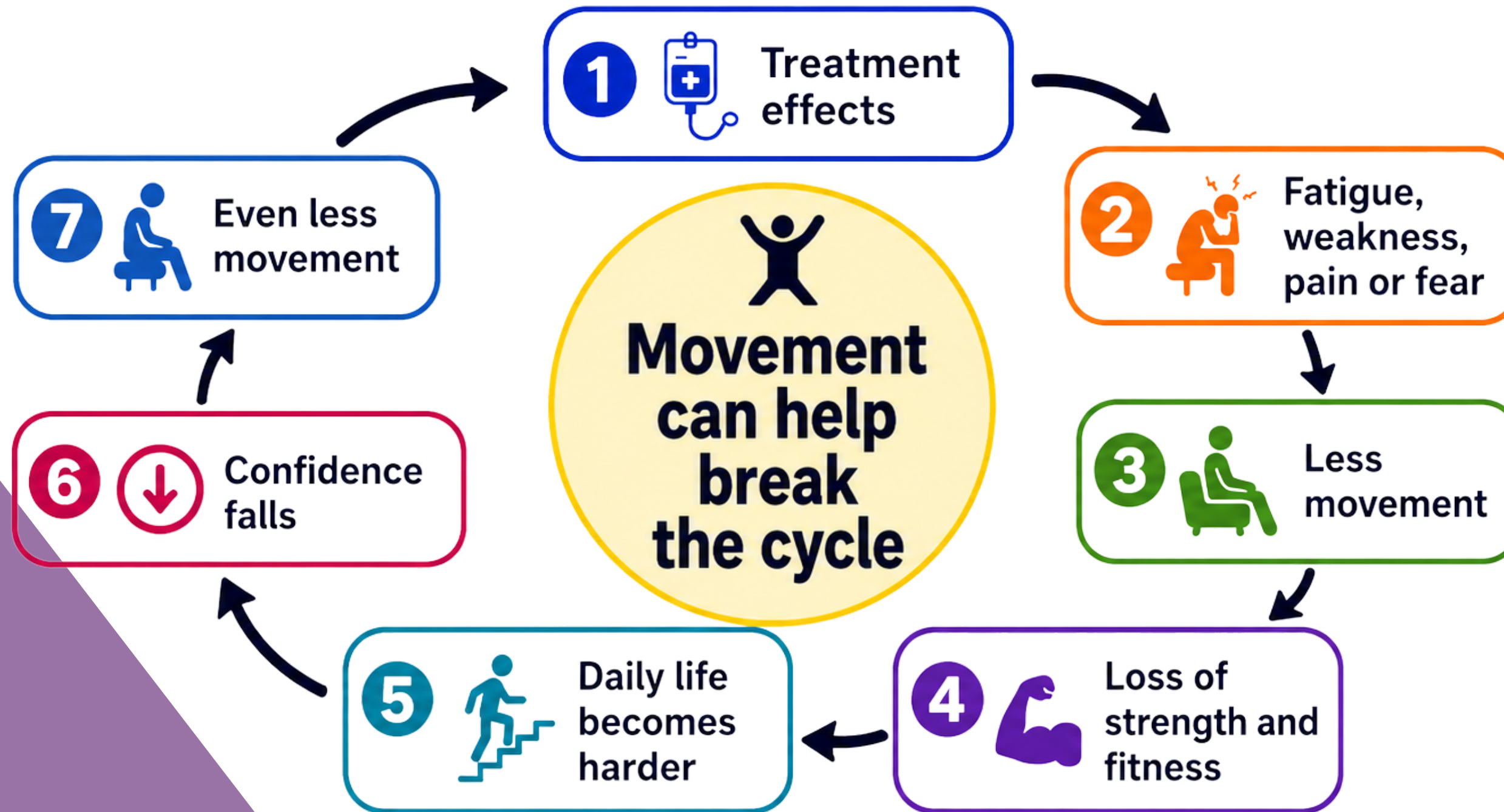


What are the common side effects of cancer treatment?

- Fatigue
- Loss of strength
- Reduced fitness
- Pain and stiffness
- Balance and neuropathy
- Changes in bone health
- Loss of confidence
- Anxiety and depression

Not everybody experiences all of these side effects, and people's experiences of cancer treatment can be very different.

The cycle we want to break



Why movement matters during and after cancer

**"EXERCISE IS SAFE
BOTH DURING AND AFTER
MOST TYPES OF
CANCER TREATMENT."**

Source: MacMillan Cancer Support



Reduces the
consequences
of treatment



Reduces
co-morbidities



Reduces
Disease
Progression



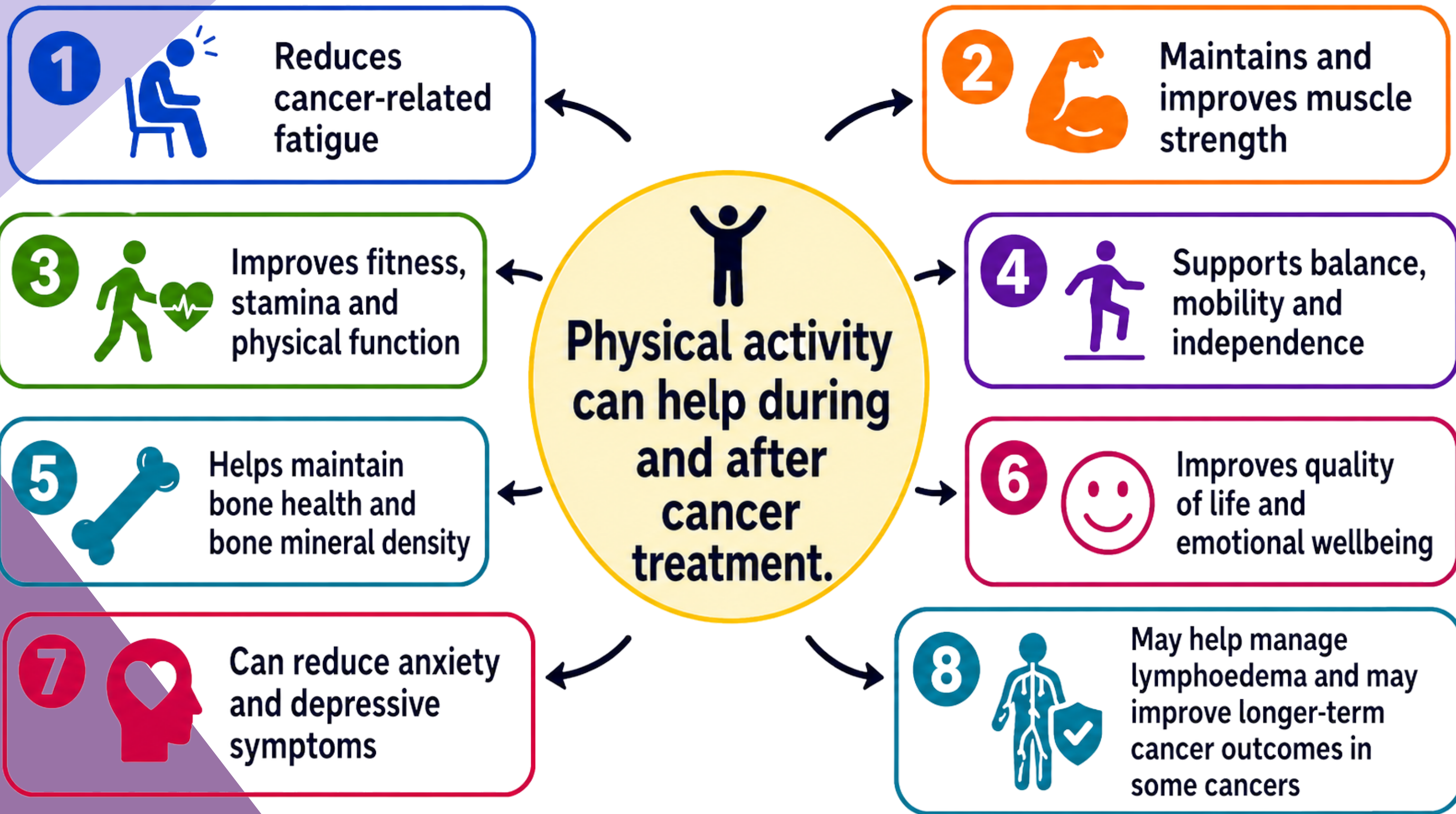
Decreases
mortality



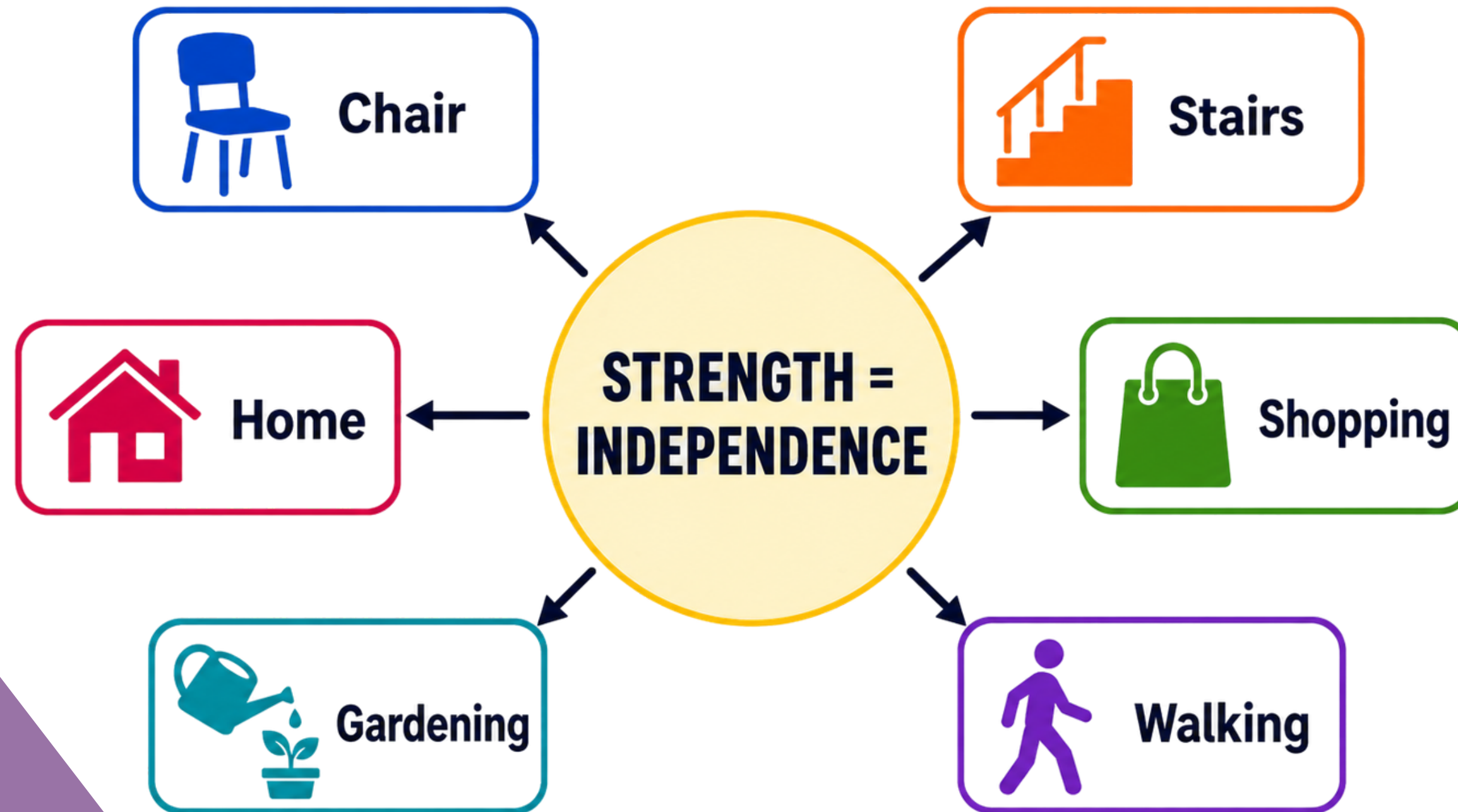
Decreases
recurrence

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WE CAN
Cancer Exercise Rehabilitation



Strength protects independence



Strength is what allows us to keep doing everyday things for ourselves.

Cancer-related fatigue:

Why rest is not the whole answer

Rest is important, **but** complete inactivity can contribute to further weakness and deconditioning.

- **Cancer fatigue is real** - It's not ordinary tiredness, it can feel overwhelming and may not disappear after sleep or rest.
- **Too little movement can create another problem** - Less movement → reduced fitness and muscle strength → everyday activities require more effort → greater feelings of fatigue.

The answer is: graded movement - What can my body manage today?

Cancer-related fatigue: Pacing, energy management and adapting

Instead of:

“I need to exercise for 30 minutes.”

Think:

“What can my body manage today?”

Example:

Good day: 20-minute walk + a few strength exercises

Average day: 10-minute walk

Difficult treatment day: 5 minutes of gentle movement around the house

Very unwell day: recovery and medical advice where appropriate

When exercise may need to be adapted



1 Recent surgery

Some movements, lifting or loading may temporarily need restricting.



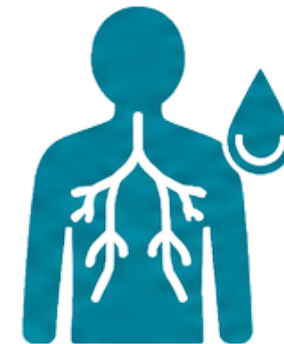
2 Cancer in the bones or reduced bone strength

Impact, falls risk and loading may need modifying.



3 Peripheral neuropathy or balance problems

Walking surfaces, equipment and exercises may need adapting to reduce falls risk.



4 Lymphoedema

Exercise can still be beneficial, but progression should be gradual and appropriate.



5 Heart or lung problems

Intensity may need adjusting and specialist advice may be appropriate.



6 Pain, significant fatigue or other treatment effects

The amount and type of movement may need changing from day to day.



Safe does not mean the same for everyone.



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Some is better than none: how much should I do?

Physical activity for adults and older adults

Any level of activity is linked to health benefits

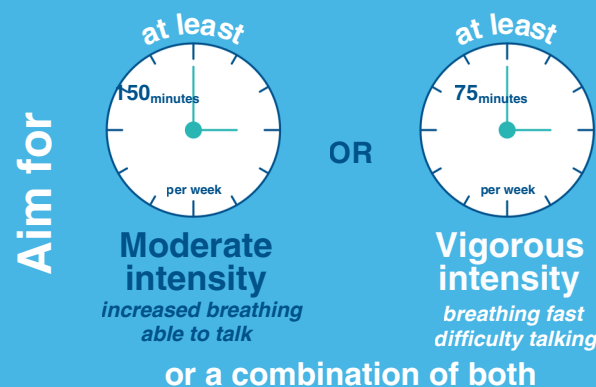
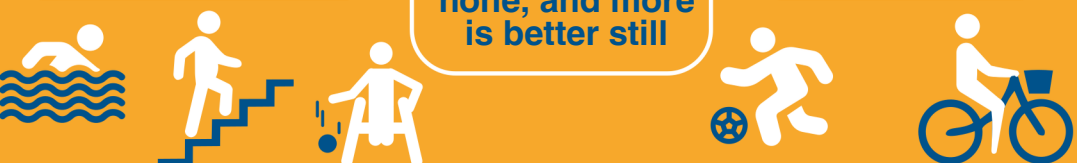


Be active everyday

Make a start today:
it's never too late

Any activity
is better than
none, and more
is better still

Every minute
counts



For older adults
Improve balance
2 days a week to reduce the chance of frailty and falls



Minimise sedentary time
Break up periods of inactivity



Progress is a process.

You do not have to start with 150 minutes.

Build gradually and work towards the goal.

Instead of thinking:

"I need to exercise for 30 minutes."

Try thinking:

"Can I move for 5 or 10 minutes today?"

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What does cancer exercise rehabilitation actually look like?



Cancer exercise rehabilitation is tailored to the individual.

We CAN Programme -

Specialist cancer exercise rehabilitation, support and connection.

- Assessment before starting the programme
- 12 free to attend exercise sessions with refreshments
- Ongoing support of Cancer Rehabilitation Specialist
- Signposting to other activities
- WhatsApp group for programme participants
- Evaluation at baseline and 12-weeks

Criteria: must be over 18+ years old & recieved cancer diagnosis in the past 5 years

We do more much more than exercise!



- Social events
- Fundraising events
- Taster sessions for new activities
- Support network
- Caring and kind environment where you can relax with people who understand



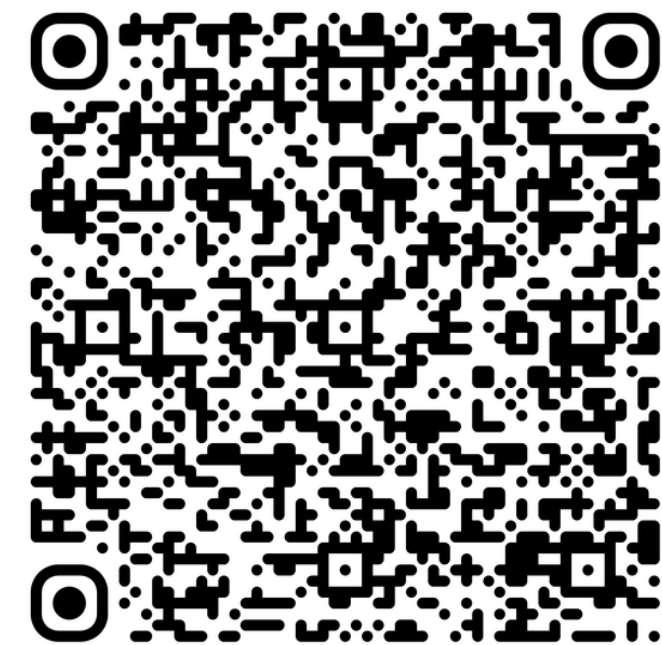
Real stories

*Let's hear from our programme participants
Alison and Jeanette*



Referrals

Complete our online form to register your referral.



We accept self-referrals and referrals from professionals.

Contact details

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