

Cancer Rehabilitation at Agility

Enhancing Cancer Treatment with Exercise and Nutrition

“Exercise is the best medicine”

is an old adage for most conditions of the human body!

For cancer recovery, research is continuing to demonstrate that exercise and nutrition are important components for optimal outcome of cancer treatment.

Research shows customised exercise and customised dietary programmes:

- Have a positive influence on quality of life
- Improve a client’s mental outlook
- Improve physical and functional outcomes
- Improve the management of side effects associated with cancer therapy
- Help you live a physically active lifestyle

Exercise is the best medicine at all stages of cancer treatment;

- while undergoing chemo or radiation therapy,
- recovering from surgery
- in remission

Exercise can:

- Reduce cancer-related fatigue - which we all know is a common problem
- Ease chemo side effects, such as nausea
- Alleviate psychological distress
- Reduce the development of new cancers
- Improve physical function such as strength

There will be times during the chemotherapy journey you may experience fluctuating levels of sickness, fatigue and mental health stress during treatment cycles.

Our highly trained staff can take this into account and can provide exercise prescription that is individualised to you and how you feel at the time. We can modify your programme depending on your tolerance and provide you with education about exercise type, frequency & duration.

The PINC programme

The PINC Cancer Rehabilitation Program is dedicated to improving the strength, quality of life and sense of wellbeing of women diagnosed with cancer.

It is specifically designed to help maximise recovery, regain physical and emotional strength, improve body confidence and control.

The Program is delivered by certified PINC Cancer Rehab Physiotherapists and provides a full range of services designed to care, support and guide women through every stage of their treatment and recovery.

Cancer recovery for men

We are also well equipped to work with all clients who have cancer and require assistance with their exercise regimes. We assist with advice about appropriate stretching and strengthening, exercise dosage and progression, fatigue management. Working in our rehab studio with other rehab clients also boosts your motivation and

Exercises can include a combination of:

- Clinical Pilates
- Weights and cardio exercises in our studio
- Hydrotherapy
- Self- guided cardio exercise as prescribed by our EP's eg walking, cycling, swimming.

Nutrition

Eating well and knowing what you should be eating is vital for cancer recovery.

Our nutritionist Leila Fathi can assist you with dietary advice to help you with losing weight, gaining weight and using the right foods to invigorate your body and enhance your healing journey.

Agility Physiotherapy and Pilates

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