

Strength, Endurance, Balance, and Decreased Range of Motion in Survivorship

- Returning to an active exercise program is important for your recovery and will help you regain your range of motion, balance, endurance, and strength following cancer treatment.
- Research has indicated that exercise after a diagnosis of certain cancers is associated with longer survival and can reduce the risk of reoccurrence
- Before you return to exercise, make sure you are cleared for exercise by your physician .
- Exercise is safe and recommended in cancer patients and cancer survivors.
- If you feel you have balance limitations, consider seeing a Physical Therapist for a formal evaluation and balance training specific to your needs. Your balance may be affected if you have neuropathy in your feet or changes in your vision
- Your exercise program should follow [American College of Sports Medicine \(ACSM\) Guidelines for Exercise and Cancer:](#)
 - ✓ perform aerobic activity for at least 20-40 minutes – at least 3 times a week
 - ✓ perform resistance exercises - at least 2 times a week
 - ✓ overall try to obtain 150 minutes a week of moderate aerobic exercise if possible
- Regular exercise can help survivors reduce cancer-related fatigue, improve their quality of life, improve physical function, and reduce depression and anxiety.
- Basic Tips
 - ✓ Remember to breathe during your exercises.
 - ✓ Maintain good posture when exercising.
 - ✓ Perform exercises in a slow and controlled manner
- If you have questions or need guidance to develop a formal exercise plan, ask for a referral to the [Rehabilitation Services](#) (includes physical therapy and occupational therapy) at Roswell Park. Rehabilitation offices, located on the ground floor of the hospital, are open Monday through Friday from 8 a.m. to 4:30 p.m. and can be contacted by calling **716-845-3271**.