

LEVEL 4 CANCER REHABILITATION
Case Study 2

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A brief summary of the client's details

- Female, 65 years of age with breast cancer.
- Prior to diagnosis the client was generally well with no co-morbidities and exercised 3 times a week (in the gym and classes including Pilates, Body Balance and Zumba) at a moderate level.
- Client has had breast surgery to remove the breast altogether so mobility has been compromised but no lymphedema present.
- Client is on Herceptin (biological therapy) and Taxotere (chemotherapy)
- Developed paronychia (nail disease)
- Feels generally good but gets tired easily, particularly in the evening.
- May go on to hormone therapy.

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Information about the client's treatment

- Client has had breast surgery so mobility is compromised and the client is suffering from stiffness and underlying tissue thickness. There may be damage to superficial nerves in the armpit and may also have had parts of the lymphatic system removed which can lead to swelling of the arm (lymphedema) although this is not an issue for client currently.
- Client is on Herceptin, a biological therapy which commonly result in pain, weakness and nausea.
- Common side effects of Taxotere include low white blood count making client more susceptible to infection. This is most likely to happen in the middle week of cycles and signs include shivering, shaking, high temp and feeling generally unwell.
- Other side common side effects are hair loss, neuropathy and nail disease. The client is already exhibiting the nail disease which may impact gripping weights.
- Piper Fatigue scale should be completed as client is suffering from fatigue.

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Potential treatment side-effects to exercise programming

- Exercise plays a vital role. The benefits are of particular importance since women diagnosed with breast cancer are estimated to decrease their physical activity levels by 11% following breast cancer diagnosis.
- Cardiopulmonary function, psychological and muscular strength. These benefits are of particular importance since women diagnosed with breast cancer are estimated to decrease their physical activity levels by 11% following breast cancer diagnosis. Might feel some tightness in your chest and armpit after surgery. This is normal and the tightness should decrease as you do your exercise, if it doesn't then call your doctor. Many women have burning, tingling, numbness or soreness on the back of the arm and/or on the chest wall. This is because the surgery can irritate some of your nerves.

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Potential contraindications to exercise that the client may have

- Hormone therapy can cause depression and mood swings which may be detrimental to the patients willingness to exercise.
- Contraindications include acute arm and shoulder problems for upper body exercise. Patients with extreme fatigue, anaemia , ataxia which could then cause issues with balance.
- Contraindications with paronychia redness throbbing and swelling.
- If client is put on to hormone therapy it can cause joint pain. Aromatase inhibitors can weaken bones all of the which need to be taken in to consideration.

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A client-specific exercise session

- Ensure gym and equipment are cleaned prior to session to reduce risk of infection. Aims & objectives: Restore strength and CV capacity prior to surgery & prevent further demise. To help ROM in both arms following surgery. Improve mental health and wellbeing.
- Warm up: 10 min walk on treadmill. Use RPE & talk test.
- Main section: Grip squeezes using a soft ball - 3 x 5-8. Upper body circuit: 20 secs work, 40 secs rest x 3 rounds (depending on how client feels). Walk the wall, The Fan, Shoulder blade squeezes, Lateral raises, Front raises, Shoulder rolls, Arm circles, Bicep curls. Lower body strength: Bodyweight squats 3 x 5. Standing glute kick backs 3 x 5 (each leg). Backwards lunges holding onto chair 3 x 6.
- Cool down: Seated bike 10 mins.

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Dietary guidelines that you feel would benefit the client

- A diet high in fruit, vegetables, and fibre, low in salt, sugar and fats.
- Food high in antioxidants, such as goji berries, broccoli, blueberries, raisins, white onions and beets.
- Avoid foods high in additives, unhealthy fats, salts and sugars. Reduce red meat intake, chose lean white meat and fish and avoid processed meats and foods
- Increase healthy fats and oils - omega 3 fatty acids and olive oil. Oleic acid shown to suppress Her-2 (a protein on breast cancer cells)
- Wash fruit and vegetables thoroughly to remove any pesticides, herbicides and fertilisers.
- Client should make sure she maintains levels of hydration (ideally bring her own water bottle to sessions with ambient temperature water, particularly is she is suffering with a sore mouth).
