

**LEVEL 4 CANCER REHABILITATION**

Case Study 2  
'The Dream Team'

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1

**A brief summary of the client's details**

- Margaret Female, 65 years of age living at home with her husband Frank
- Breast cancer surgery to her left hand side breast
- Herceptin (biological therapy) and Taxotere (chemotherapy) is the treatments
- Developed paronychia (nail disease) which Margaret indicates is quite sore
- Felt generally good, but gets tired easily particularly after longer bouts of physical activity
- May go onto hormone therapy to support with longer term treatment

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2

**Information about the client's treatment**

Herceptin (biological therapy)

- Attaches itself to the HER2 receptors on the surface of the breast cancer cells which blocks them from receiving growth signals
- It can also stop or slow the growth of the breast cancer
- Its an example of an immune targeted therapy

Taxotere (chemotherapy)

- Injected through blood stream into a central line

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3

**Potential treatment side-effects to exercise programming**

- Fatigue
- Diarrhoea
- Nausea
- Impaired bone marrow functioning
- Hair loss
- Neurotoxicity
- Indigestions
- Osteoporosis
- Difficulty sleeping
- Unexplained persistent pain
- Chills, headaches

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**Potential contraindications to exercise that the client may have**

- Body Temperature over 38 degrees
- Chronic Fatigue
- Breathlessness at rest
- Persistent Chest pain or in arms or neck
- Uncontrolled blood pressure SBP>180 DBP>110
- Tachycardia resting heart rate >100 bpm
- Uncontrolled palpitations
- Sharp pains in the bones
- Swelling of the abdomen

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**A client-specific exercise session**

- Prolonged warm up 15 mins
- RAG circuit
- Cardio + Resistance + Flexibility
- Range of Movement for the arm on the right-hand side
- Considerations around upper body movements due to hands and grip
- 30 seconds and plenty of rest bite between exercises

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**Dietary guidelines that you feel would benefit the client**

- Avoid smoking and secondhand smoking
- Nicotine in the vessels of the hand
- Eat plenty of fruit and veg
- 6-8 glasses of water a day
- Avoid processed food
- More lean meat and less red meat
- Reduce alcohol intake
- Less / modify sun exposure

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**Additional Information**

- Hormone therapy longer term
- Reassess goals, health assessments, and exercise prescription
- Adjustments in exercise prescription

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