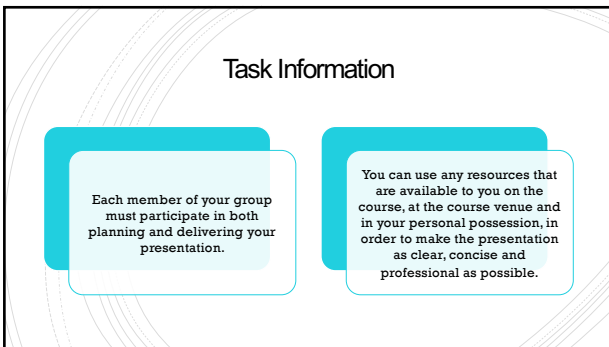
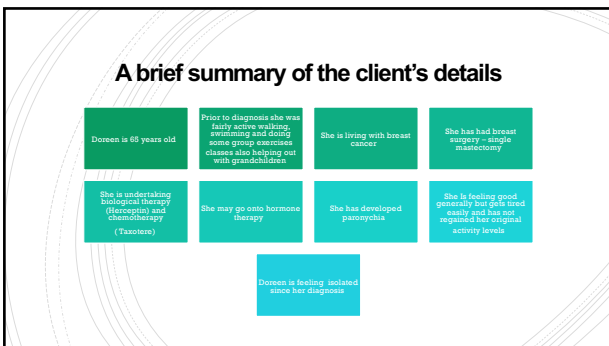



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3



Information about the client's treatment

4

Client is on Herceptin, a biological therapy which commonly result in:

- Chills, high temperature, hot flashes swelling of face and lips, wheezing
- Tiredness (Difficulty sleeping)
- Diarrhoea or constipation
- Low number of white blood cells (Increased risk infection)
- Loss of appetite
- Pain in muscles
- Dizziness
- Runny nose
- Sore eyes
- Cough
- High or low blood pressure
- Heart problems

Herceptin can affect heart function in the long term, patients will have monitors with cardiac scans during treatment so it would be unlikely client will develop heart failure whilst on treatment.

• If client becomes more breathless than is appropriate to the level of exercise they are undertaking the refer back to medical professional

Client has had breast surgery so mobility is an issue particularly in the shoulder region. Client is suffering from mild stiffness in this area. There is also a risk of lymphedema if parts of the lymphatic system are removed. There can also be damage to the superficial nerves in the armpit. Client reports that she tires easily so Piper Fatigue Scale should be used to understand more about her fatigue and how to manage it. Client has Paronychia this could affect grip strength. This should gradually improve as nail grows. Mental wellbeing should be considered when thinking about programme design.

5

Potential treatment side-effects to exercise programming

- Metabolic reduction in physical fitness (ie, cardiorespiratory fitness and muscular strength)
- Negative changes in body composition (ie, increase in body mass, decrease in lean body mass, and increase in fat mass)
- Increased fatigue
- Reduced range of movement in the shoulders and spine
- Lymphoedema (Arm swells to be worse if treated, BOM assessment)
- Biological Therapy (Diarrhoea, Chills, hot flashes, sore throat)
- Clinical anxiety (New onset (reduce confidence in gym - group based session, home exercises, PT)
- Depression or anxiety
- Paronychia (use short fingernails or manucure) (Consider using gloves for handling and maintenance work)
- Paronychia (use "rubber nail" - synthetic replacement - more protective and in replacement of the natural)
- Musculoskeletal symptoms (Consider window opening and sitting on the soles)

6

Potential contraindications to exercise that the client may have

- A client-specific exercise session. Ensure that the exercise session is safe, appropriate and effective.
- 45 minutes Pilates class to strengthen the lower back & core muscle also to improve mobility and flexibility and overall well-being.
- Pre-Session: Ensure the mat and equipment is sanitised and there are sanitisers available throughout and that client has access to hand sanitiser or cotton gloves to minimise potential for infection as well as a face mask where necessary.
- 10 minutes warm up including the breathing exercises.
- 25-30 minutes mat based exercises with the add of the exercises with the ring.
- Exercises which increase the range of movement and muscles strength through the shoulder, spine and the rest of the body. (scapular movement, side lying movement, standing single arm rises lying single then both arm rises using gravity.)
- Exercises to work the shoulder stability, core strength and postural alignment (shoulder bridge, single arm weight bearing, Cat to cow)
- 5 minutes gentle stretches and relaxation

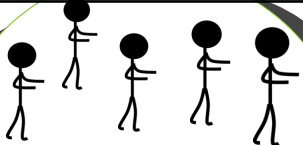
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A client-specific exercise session

- PRE-SESSION
- All equipment has been safety checked and sanitized prior to session. Individuals attending prompted to bring own towel if preferred if not blue roll and sanitizing stations available.
- "Hello everyone, have you all had a lovely week how are we all feeling today?"
- "We have a low-moderate circuit today with available adaptations on each station"
- Whilst everyone is signing in if there has been any changes to medications or if individuals need to chat aside prior to the session starting please do so now ☺"

8

Instructor-led warm up
Prolonged 15 minutes



Gradually elevating heart rate for example matching on the spot, side steps, Low- moderate pulse raiser, (options for seated chair ward up) Talk test, Observations throughout RPE up to approx. 11 – Lovely poster on the wall ☺ and increasing ROM in lower body and upper body prior to main session. Potentiate the movements that will be in the session as well as adding functional movements e.g Walk on the wall, 'The fan' movements all of them 3 x10 slow pace 3:1:3 tempo as high as each individual can go

9

Main session circuit

Standing Tricep Extension (weight optional)
Seated Tricep Extension (WITH WEIGHTS)
Seated Tricep Extension (no weights)

Standing sidebends (weight optional)
Seated Side bends (WITH WEIGHTS)
Seated Side bends (no weights)

Seated leg extension (with resistance band and hold)
Seated leg extension (with assistance bands)
Seated leg extension (no aid)

Seated raise the roos (hold) (change legs with weight)
Seated raise the roos (with a resistance band)
Seated raise the roos (unaided no weight)

Step Ups onto step unaided
Step Up onto step holding onto ballet bar
Holding onto ballet bar toe tap onto step

Standing bicep curl (weight optional)
Seated Bicep curl (WITH WEIGHTS)
Seated Bicep Chair (no weights)

Sit to stand from the chair exercise (from starting position hip holding the arms)
Sit to stand from chair (using arms if required)
Sit to stand manual fire (movement from chair)

Doreen

RPE 11-13: LOW-MODERATE INTENSITY
 Talk, Rest and observation throughout.
 45 second each station with 30 seconds to move onto the next station.

10

Instructor-led Cool Down

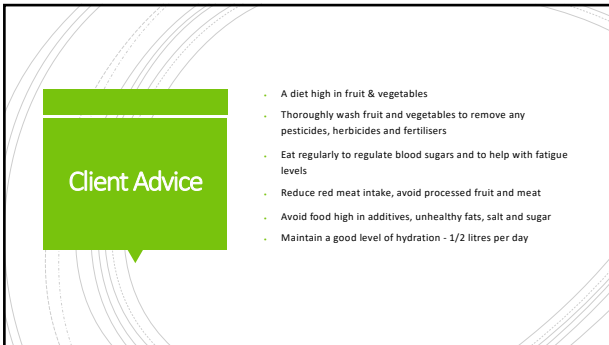
10-15 minutes

Gradually lowering heart rate back to resting for example walking around the room -like to play the game of find a fact out about someone new. (options for seated chair cooldown) Talk test, Observations throughout RPE down approx. 7-11 as will still feel the effects from class
 Static stretches at end of class of total body a slow pace holding each stretch as individually able.

11

Dietary guidelines that you feel would benefit the client

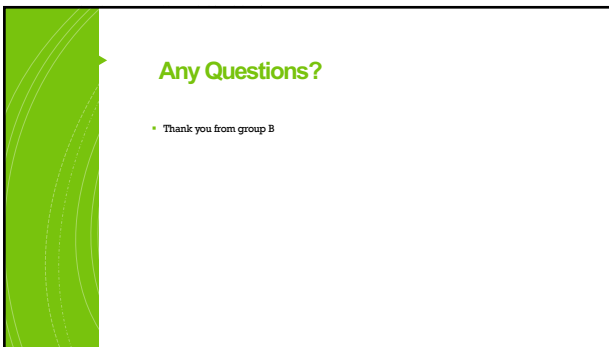
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Client Advice

- A diet high in fruit & vegetables
- Thoroughly wash fruit and vegetables to remove any pesticides, herbicides and fertilisers
- Eat regularly to regulate blood sugars and to help with fatigue levels
- Reduce red meat intake, avoid processed fruit and meat
- Avoid food high in additives, unhealthy fats, salt and sugar
- Maintain a good level of hydration - 1/2 litres per day

13



Any Questions?

* Thank you from group B

14
