

**LEVEL 4 CANCER  
REHABILITATION**

Group 3

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**Task Information**

Each member of your group must participate in both planning and delivering your presentation.

- You can use any resources that are available to you on the course, at the course venue and in your personal possession, in order to make the presentation as clear, concise and professional as possible.

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

- Female, 45 years of age;
- Chordoma (bone cancer); sacrum area
- Legion on forehead, but throughout body;
- Chemotherapy: Vincristine – Intravenous line

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### A client-specific exercise session

- Aim – To deliver a safe and effective exercise session; to promote an increase in mood, keep the client active and healthy and promote positive lifestyle changes
  - Extended warm up 15 minutes – mobility workout, pulse raiser, dynamic stretching
  - Main work out – 20-minute RAG circuit approach, no up and down movements, cardio and resistance, push pull exercises, 2 minutes on 2 minutes off
  - Extended cool down 15 minutes – developmental and assisted stretches be mindful of balance with the stretches
  - 3-5 times per week low-moderate intensity
- Things to be aware of:
- May need the toilet more so close to the toilet and regular rest breaks
  - Be aware of fatigue – Ask RPE scale, signs of exhaustion, recovery time
  - Used control exercises for CV component due to breathlessness, using a fit ball for balance and core support if exercises get too much
  - High risk of bleeding and bruising so no intense pressure, be careful of any hazards
  - Blurred or double vision so prevent any obstacles for trips and falls, holding onto a chair or aid in required
  - Jaw pain – No Valsalva or high-pressure movements
  - Difficulty walking – Complete a 5-min test prior to the session to understand client's risk of falls
  - Pain fingers and toes so may not be able to hold dumbbells,
  - Grip problem – No heavy weights as risk of dropping use alternative options such, practice low tension grip strengthening exercises.
  - High risk of infection – make sure everything is sanitized, encourage to wash face after exercise due to sweat

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

- **"Let thy food be thy medicine and let thy medicine be thy food"** – Hippocrates (a long time ago)
  - Aim for a **healthy** weight
  - Try to increase protein by 30-60% during cancer, according to chrodomafoundation.org. Aim for lean sources such as skinless chicken/turkey, fish, beans, low fat milk/yoghurt, soy & lean beef
  - **Benefits of fat:** helps with weight maintenance, certain types are anti-inflammatory, helps with absorption of vitamins A, D, E & K AND improves the taste
  - **Know your fats:** Saturated = processed food i.e. bacon/sausages, red meat & high fat dairy (generally solid @ room temp) – eat sparingly
    - Mono = peanut butter, almonds, hazelnuts etc, olives/oil & avocados etc. – considered healthy in small amounts
    - Poly = oily fish, sunflower oil, walnuts and sunflower seeds, help the body generate omega-3 & 6 – healthy in small amounts
    - Trans = fried food, take aways, biscuits, crisps etc – try to limit consumption
  - **Omega-3** – MAY be toxic to cancer cells whilst protecting normal ones, animal studies have shown decreased risk of developing and delayed tumor progression in most cancers – found in fatty fish, salmon and sardines
  - **Phytochemicals:** MAY reduce development & progression by repairing DNA damage, slowing the growth of cells, promoting cancer cell death, anti-angiogenic & metastasis – found in fresh fruit & veg i.e. apples, blackberries, broccoli & peas etc., a variety whole grains, as well as ginger, turmeric & etc.
  - **Anti-oxidants** – slow down/prevent oxidative damage, whilst improving the immune function therefore possibly lowering risk of infection/cancer, found in carrots, tomatoes (better cooked due to increased release of lycopene) kale, oranges nuts etc.
- tips for HOW to:**
- Avoid Nausea – small frequent meals, avoid food stinky foods and avoid overly sweet, fatty, fried or spicy
  - Avoid constipation – switch to whole meal, keep hydrated increase exercise
  - To help with change to taste – try switching to plastic cutlery to help with the metallic taste, play around with new spices/flavours, rinse your mouth with baking soda mouthwash before eating to help improve the taste of food
  - To help with fatigue: Eat small frequent meals/snacks, pair carbs with protein for each meal/snack, drink 8 cups (8oz P/C), avoid excess caffeine intake
- Info taken from: [https://www.chrodomafoundation.org/wp-content/uploads/2016/01/6\\_Hinmang\\_Nutrition.pdf](https://www.chrodomafoundation.org/wp-content/uploads/2016/01/6_Hinmang_Nutrition.pdf)  
<https://www.bfd.org.uk/information/consumers/your-healthy-weight/what-you-eat-and-how-to-eat>

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### Additional Information

- Hand towel
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- Close to toilet
- Studio setting if possible – May have insecurities with legions on the body, safer setting, less trip hazards

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