

Cancer Rehabilitation Physiotherapy

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MOVEMENT FOR LIFE PHYSIOTHERAPY



Rehabilitation Goals and purpose



- Partnership between patient + therapist
- Holistic approach – physical + psychosocial dimensions
- Personalised care
- Support self-management
- Goal-Orientated, flexible and proactive



PINC program



Physiotherapist that deliver the program

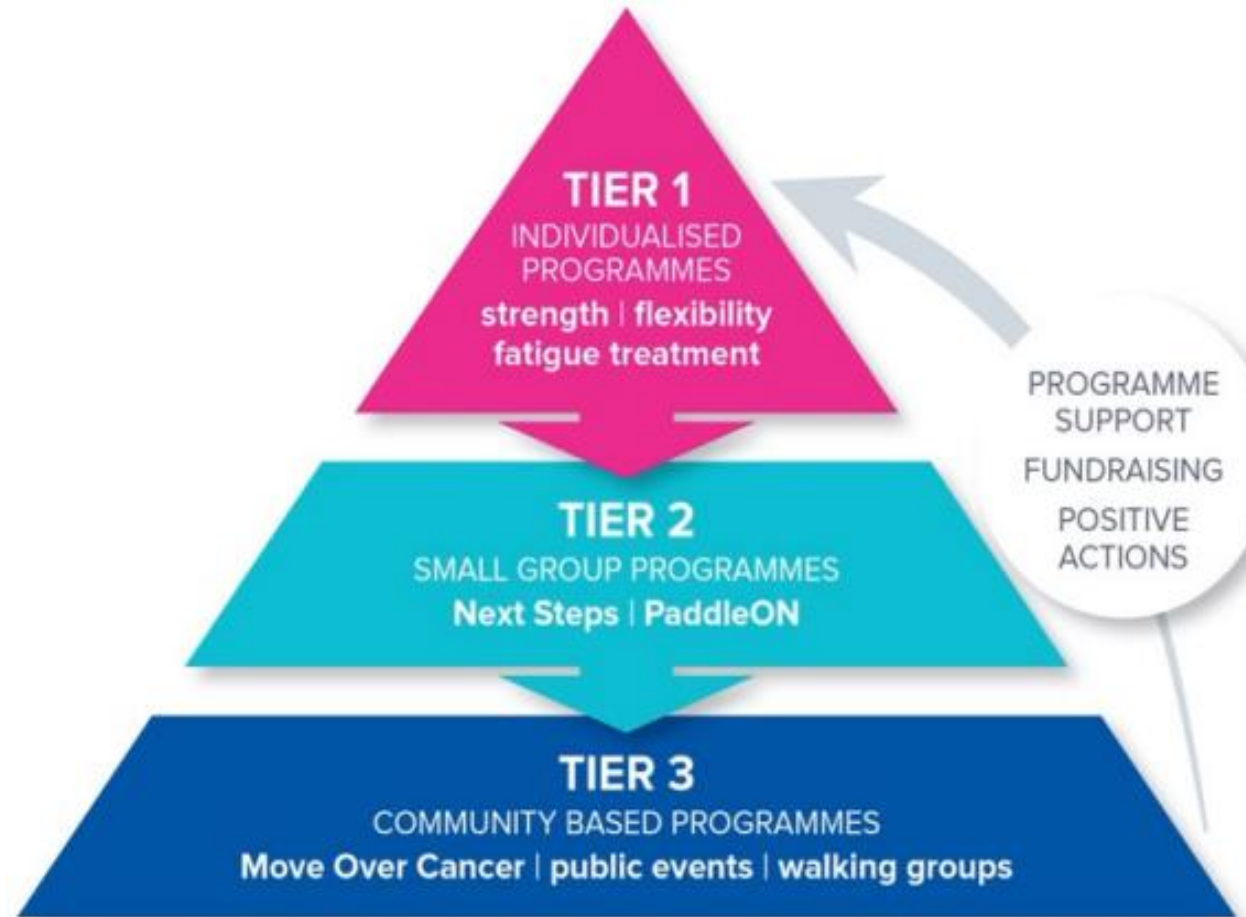
Individualised prescribed sessions

Nurturing to reclaim quality of life

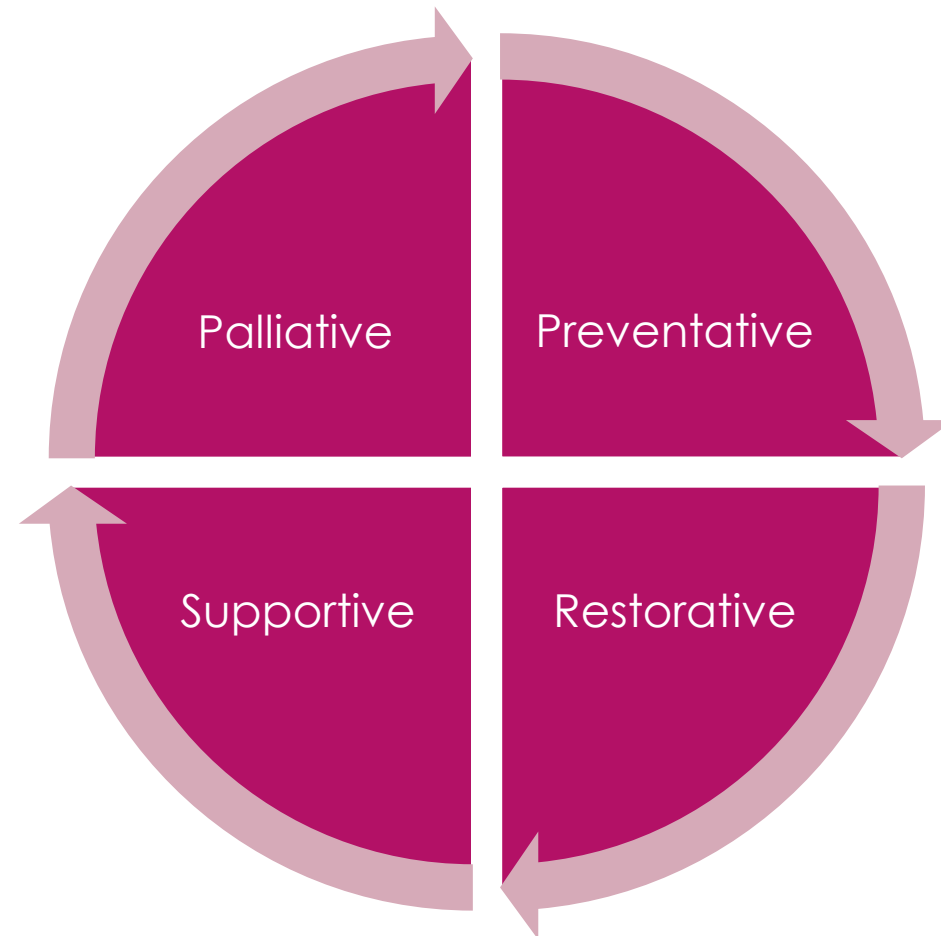
Cancer Rehabilitation



PINC program



Domains of cancer rehabilitation



Domains of Cancer rehabilitation

Preventative



Essential for reducing unnecessary suffering

When: Early post diagnosis

How:

1. Physiotherapy
2. Education
3. Guidance of expectations

Aim: Get a baseline of function prior to treatment



Domains of Cancer rehabilitation

Restorative



Focus on patients goals and helping looking forward to an active life

When: During cancer treatment

Aim: Restore maximum function

Improving functioning:

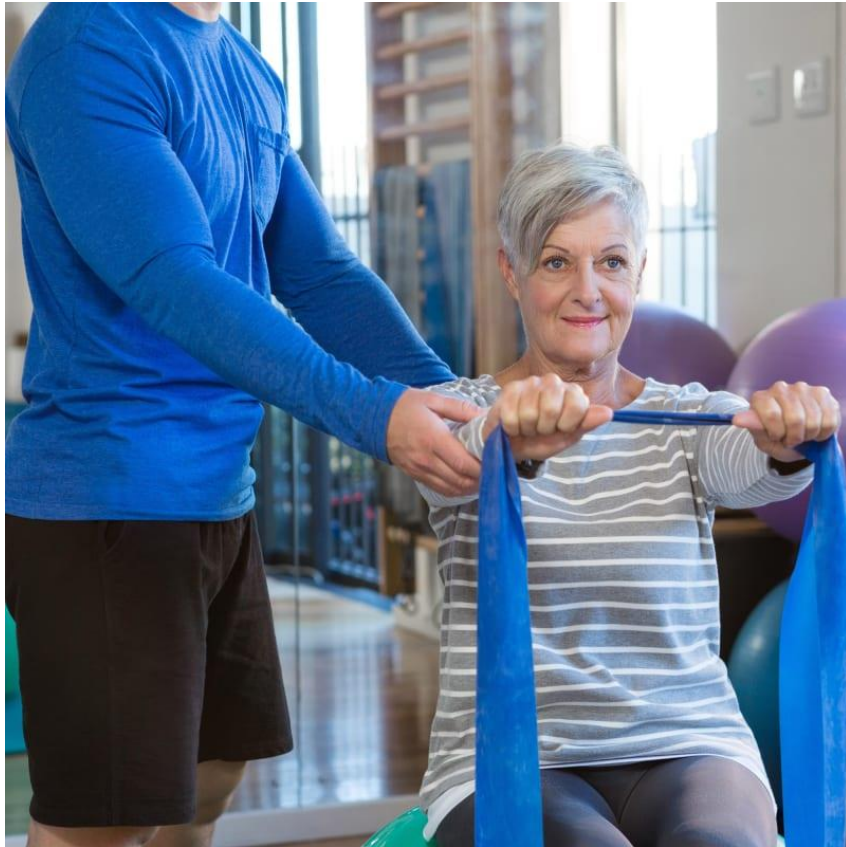
- Strength
- Balance
- Joint ROM
- Endurance and activity tolerance
- Gross + Fine motor development
- Quality of life

“It is easier to maintain function than regain loss of function”

This is not only for patients who have obvious physical impairments & disability but should be focusing on patient goals and helping people look forward to living full lives

Domains of Cancer rehabilitation

Supportive



► Aim:

- Increase self-care skills + self-efficacy.
- Address physical, Social, psychological and spiritual needs
- Provide reassurance and support to empower people to make good decisions for their long term health

Examples

- Maintaining strength
- Prescribing equipment to maintain independence
- Fatigue management

Domains of Cancer rehabilitation

Palliative



- ▶ **Aim:** Increase comfort and function.
Maintain independence and enjoyment of life for as long as possible
- ▶ **Goals** to maintain their “normal” QoL for as long as possible
- ▶ Continue to live active daily life + routine
- ▶ Maintain sense of what is important to the patient



Rehab in palliative care



- ▶ **Goal:** Improve quality of life by enabling people to be as active and productive as possible with minimum dependence on others, regardless of life expectancy
- ▶ **Aim:**
 - Improve function where the patient has capacity,
 - Maintain function where the effects of illness and its treatment threaten decline
 - Ease the transition towards functional decline when deterioration is inevitable

Rehab in palliative care



When is it okay?

- ▶ Estimated that 1/3 of cancer patients' reduction in physical functioning may be down to physical inactivity
- ▶ Disease and treatments also have catabolic effects on muscle
- ▶ Even bedridden people with cancer can benefit from exercise
- ▶ Palliative patients ask how they can improve their situation
- Patients are uncertain of how much and what type of physical activity

Movement for Life Physiotherapy



- ▶ All cancer patients can have benefits from physiotherapy appointments at any stage of their cancer journey.
- ▶ Options include 1:1 treatment sessions or small group sessions (2:1)
- ▶ Extended Initial appointments to ensure
- ▶ Referral and medical clearance to begin exercise is necessary
- ▶ Starting up the PINC program in Early 2023



Movement for Life
PHYSIOTHERAPY

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