

# Exercise and Breast Cancer



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# Exercise and Breast Cancer Overview



BENEFITS OF EXERCISE



PRESCRIPTION – TYPE,  
DURATION, INTENSITY AND  
FREQUENCY



CONSIDERATIONS

# Exercise and Breast Cancer Benefits

- Reduce cancer related fatigue
- Reduce sleep disturbances
- Reduce pain
- Reduce nausea
- Reduce risk of recurrence
- Reduce muscular atrophy during treatment
- Improve mental health
- Improve strength and mobility
- Reduce risk of mortality
- Reduce estrogen and progesterone levels
- Improve immune system function

# Exercise and Breast Cancer Prescription

Type – Resistance, Aerobic, Balance and Mobility Training

Duration – 150 minutes per week, maximum 300 minutes

Intensity – Moderate

Frequency – ~5 x per week for 30 minutes, with a minimum of 10 minutes per session

# Exercise and Breast Cancer Considerations

Cancer Type, Grade, Stage and Treatment Type

Diagnosis - When Prognosis

Absolute and Relative Contraindications to Exercise

Blood Work

Patient Signs, Symptoms and Symptoms of Progression

Lymphoedema

Bone Metastases

PICC Line/Port

Lowered Immunity

Biopsychosocial Approach

Additional Comorbidities

Multi-D Approach

# Exercise and Breast Cancer Summary

- Encourage patients to move their bodies, even on bad days
- Breast Cancer Network Australia – Exercise and Cancer resource
- Understanding patient needs and taking a holistic approach to their care – Biopsychosocial approach
- Multi-D approach
- No "One Size Fits All" method
- Clinical Oncology Society of Australia Position Statement – *"Exercise to be embedded as part of standard practice in cancer care"*

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