

Staff guide: Physical Activity Surgery



Improves
cancer-related
fatigue



Helps
depression



Helps
anxiety



Improves sleep
quality



Improves
quality of life



Improves
cardiorespiratory
fitness



Improves
cognitive
function



Improves
muscle strength



Reduces
hormone/metabolic
dysfunction



Helps joint
pain



Helps body
composition



Reduces post
treatment
complications



Helps
lymphoedema



Helps
sexual function

Minimum Guidelines For Adults



5 days a week for 30 minutes which increases heart rate and breathing so you can talk but not sing



Strength activities 2-3 x a week for large muscle groups at a level where you need a short rest before repeating the activity



If over 65 years old, do activities that challenge balance 2 x a week

- 1. Choose an activity and do it several times a week**
- 2. Increase the amount of time per session**
- 3. Make it more challenging i.e. adding speed, walking up hills, adding a weight**

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Evidence for benefits before surgery

Research shows that physical activity before surgery can improve function including cardiorespiratory fitness. It can improve post surgery outcomes, reduce risk of post surgery complications and improve quality of life.

Before surgery

Exercise before surgery can help with symptom management and improve recovery time. Seek advice from your local physiotherapy team for help and advice if needed.

Practical advice:

- Walking, running, cycling and strength exercises are great ways to build and maintain fitness.
- Aim to achieve the physical activity recommendation levels.
- Remember anything is better than nothing.

People who are already active

Encourage people who have been recently regularly physically active to continue with their physical activity. They may need to adapt to do a little less during 'not so good' phases of treatment.

Refer to physiotherapist for more advice.