

## Editorial on Exercise in Oncology Physiotherapy

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## Editorial

Exercise may be the last thing on your mind after you've been diagnosed with cancer. Instead, you must consider your health, life, and family. Physical fitness, on the other hand, has been shown to aid in the treatment of cancer and enhance overall quality of life. This is where exercise oncology comes into play. It makes use of physical fitness to improve the lives of cancer patients and survivors.

### What is the process?

There are many various exercise oncology programmes, but the general method is as follows:

- First, you meet with a cancer exercise specialist or a properly qualified doctor.
- After that, you complete a fitness test to assess your overall health and amount of physical activity.
- Finally, based on your diagnosis, goals, and fitness demands, you and your doctor devise an exercise treatment plan.

You're ready to work-out once you've finished your plan

### Types of workouts

A range of physical fitness exercises are used in exercise oncology. A comprehensive programme that focuses on your entire body usually includes the following:

**Exercising your breathing:** They aid in the relief of shortness of breath and breathing difficulties. They also help you gain stamina and strength by moving air in and out of your lungs.

**Stretching:** Radiation therapy and other cancer treatments can make your muscles tight and limit your range of motion. Stretching helps the body repair itself by restoring flexibility and increasing the flow of blood and oxygen to the muscles.

**Exercises in balancing:** They can aid with the improvement of your mobility and the prevention of falls.

**Strength training is a good thing to do:** Treatment can make you weary and leave you with weak muscles. Strength training is an effective strategy to increase muscle mass and hence reduce fatigue.

**Exercises that are aerobic in nature:** Walking and other aerobic activities raise your heart rate. They can also strengthen your

heart and lungs.

### Oncology exercise benefits

Exercise can assist with side symptoms including fatigue and nausea during and after cancer treatment. It can also help you cope with the stress, depression, and anxiety that comes with a cancer diagnosis.

### Physical activity can also help you attain better results

Exercise can also benefit in the following ways:

- Make you feel better
- Improve your sleeping habits
- Preventing muscular wasting
- Lower your chances of gaining weight and being obese.
- Relieve pain
- Increase your energy and strength
- Increase the chances of some malignancies being cured.

Physical fitness can also help cancer therapies function more effectively, reducing the length of time you spend in the hospital.

### Oncology exercise tips to get you started

Take your time getting back into shape if you were inactive while recovering from cancer or receiving treatment. You don't have to start working out hard right away. Follow your doctor's recommendations and keep these pointers in mind.