



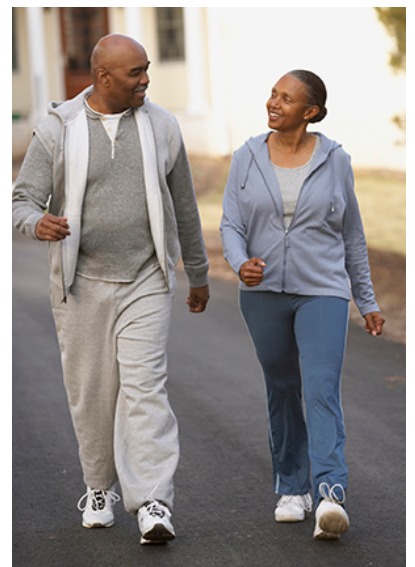
肿瘤治疗期间的锻炼和活动 它有何益处及如何来做

此讲义为您提供肿瘤治疗期间和治疗后的活动目标 and 注意事项

为什么我需要锻炼？

医疗服务提供者建议您在癌症治疗前及治疗后要常规地锻炼。常规的运动可以帮助您：

- **保持强壮！** 每天不起床会使肌肉强度降低 1%到 3%!
- **减轻疲劳（疲倦）。** 高达 75% 的癌症患者都受到严重疲劳的影响。常规的步行计划有助于克服与癌症和癌症治疗有关的疲劳。
- **保持活动能力。** 在出院回家之前，您的医疗团队希望确保您不论是在家里，或往返诊所复诊都可无碍地行动。



走路可以帮助您保持强壮，给您带来活力。

我需要采取任何特殊的护理措施吗？

治疗后您的血细胞数可能会下降。如您的血小板和红血球减少，您就不应该做某些运动。

请与护士或理疗师或生活理疗师讨论您的运动计划。了解您可以安全地做那些类型的运动。

日常活动目标

在住院期间、您的活动目标是：

- 每天不要将大部分的时间躺在床上。

- 避免在白天小睡过多。我们希望您醒着和睡眠周期尽可能地接近正常。
- 开始步行计划。目标是每天至少步行 2 到 3 次
 - 步行应该适度（从 0 到 10 的等级中在 3 到 5）。步行时可以根据需要休息。
 - 问问您的护士，绕病房走多少圈等于 1 英里。记下您走了多少圈。当您走完 1 英里后，告诉前台工作人员。他们会给您一个脚印的图片可贴在您的门上以资鼓励。（请记住，您不需要一次走完所有的圈数。）
- 每天做一次强化锻炼。以下是一些基本的练习。您的物理治疗师(PT)或技能治疗师 (OT)在对您评估后，也会给您提供具体的锻炼计划。

锻炼

由坐着站立

- 坐在一个硬的地方，如椅子或床上。
- 面向前。
- 慢慢地站立起来
- 再坐下，重复做 10 次。



举臀

- 仰卧在床上或一个硬的地方。
- 如右图弯膝。
- 将臀部抬起，身体形成桥梁。
- 保持 5 秒钟。
- 恢复原状。
- 重复做 10 次。



特别注意: 记住脊椎保持自然的平直。即不要弓背。

肩部收缩

- 坐在硬的椅子上，身体坐直。
- 如图所示将肩胛骨紧缩。
- 保持 5 秒钟。
- 放松。
- 重复做 10 次。



您有疑问吗？

我们很重视您的提问。如有疑问或顾虑，请致电您的医生或医疗提供者。

Physical 理疗科电话：
206.598.4890

Exercise and Activity During Your Oncology Treatment

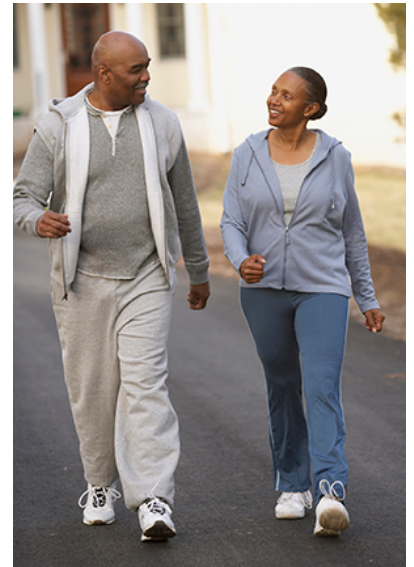
How it can help and what to do

This handout gives activity goals and precautions to follow during and after your oncology treatment.

Why do I need to exercise?

Your healthcare providers advise you to exercise regularly, both before and after your cancer treatment. Regular exercise will help you:

- **Stay strong.** Not getting out of bed can decrease your muscle strength by 1% to 3% every day!
- **Lessen fatigue (tiredness).** Severe fatigue affects up to 75% of people with cancer. A regular walking program helps overcome fatigue related to cancer and cancer treatment
- **Stay mobile.** Before you go home from the hospital, your medical team wants to make sure that you can move around your house and also get around the clinic at your follow-up visits



Walking will help you stay strong and give you energy.

Do I need to take any special care?

Your blood counts may decrease after your treatment. There are some exercises you should not do if you have decreased platelets and red blood cells.

Talk with your nurse or physical or occupational therapist about your exercise program. Find out what types of exercise you can do safely.

Daily Activity Goals

While you are in the hospital, your goals are to:

- Spend most of the day out of bed.
- Avoid taking too many naps during the day. We want to keep your waking and sleeping cycle as close to normal as we can.
- Start a walking program. Aim to walk at least 2 to 3 times a day.
 - Walking should be a moderate level of effort (3 to 5 on a scale of 0 to 10). It is OK to rest as needed while you are walking.
 - Ask your nurse how many laps around the unit equal 1 mile. Keep track of how many laps you walk. When you have walked 1 mile, tell the front desk staff. They will give you feet to place on your door! (Remember that you do not need to walk all the laps at once.)
- Do a strengthening routine once a day. Some basic exercises are below. Your physical therapist (PT) or occupational therapist (OT) may also give you specific exercises to work after they assess you.

Exercises

Sit to Stand

- Sit on a firm surface, such as a chair or your bed.
- Keep your head facing forward.
- Stand up slowly.
- Sit and repeat 10 times.



Bridge

- Lie flat on your back in bed or on a firm surface.
- Bend your knees as shown.
- Lift your buttocks off the floor to form a bridge with your body.
- Hold for 5 seconds.
- Return to start.
- Repeat 10 times.



Special Instructions: Remember to keep a neutral spine! This means your back is not arched.

Shoulder Retraction

- Sit tall on a firm surface, such as a hard chair.
- Pinch your shoulder blades together as shown.
- Hold for 5 seconds.
- Relax.
- Repeat 10 times.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Physical Therapy: 206.598.4890