

The exercises provided are just one way to continue to improve on your physical fitness and play a part in achieving a healthy balanced lifestyle but there are many alternatives.

Consider walking, joining a club or gym, whatever you choose remember it should be enjoyable!

We hope this has given you the confidence to take control of your activity levels, make small goals and see progress.

Below is a list of other available exercise options:

**Move More Fife-** Programme specifically for people affected by cancer

Health and Wellbeing Team 01383 602127 [www.fifeleisure.org.uk](http://www.fifeleisure.org.uk)

NHS Fife Preparing for Surgery advice:

<https://www.nhsfife.org/services/patients-carers-and-visitors/preparing-for-surgery/exercise-before-surgery/>

Macmillan Move More exercise programme

<https://www.youtube.com/playlist?list=PL4YhGgVzIQXjhg6UYbX7idSDYcPX5PRy9>

**Bums off seats-** <http://www.activefife.co.uk/bums-off-seats>

**Paths for all-** <https://www.pathsforall.org.uk>

**Fife Walking Club-** <http://www.fifewalkingclub.org.uk>

**Glenrothes Ramblers-** <http://glenrothesramblers.co.uk>

**Dunfermline Ramblers-** <http://www.dunfermlineramblers.org.uk>



# Prehab

## Advice and Exercises

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## Introduction

When newly diagnosed with cancer the last thing that is probably on your mind is exercise. However, improving your fitness has proven to reduce the length of hospital stay during any surgery and help maintain your fitness and reduce side effects during other treatments such as radiotherapy and chemotherapy.

Ideally you should exercise at a moderate intensity (where you are slightly out of breath but can still talk normally) for 150 minutes a week with 2 sessions of strength training. The 150 minutes can be split into increments, such as 10, 15, 20 minutes etc at a time.

This booklet provides you with some exercises that you can use to contribute towards your exercise goals.

**Level 3:** Stand on a large thick cushion or purchase a balance board. Try to find your balance point and see how long you can hold this.



## **Balance Work continued**

**Level 2:** Single leg stand without the support of a chair and see how long you can hold this position. Repeat on the opposite leg.



**Level 2b:** Tandem stand by placing one foot directly in front of the other, without the support of a chair. How long you can hold this position?



Each exercise has a difficulty rating of 1 to 3, with level 1 being the easiest. Please choose the most suitable level for you to begin with as you can always build the difficulty level as you progress.

Remember you can aim to build up your fitness by increasing the repetitions of these exercises when you perform them or by increasing the number of days in the week that you perform them on.

Never push through pain, breathlessness or fatigue listen to your body. Exercise should be comfortable and you should only be moderately breathless.

You will find an exercise diary enclosed to allow you to chart your progress. This can be photocopied for week to week use and can be used to chart the progress of any activity.

**MOST OF ALL ENJOY YOUR FITNESS PROGRAMME!**

**1 Leg Curls:** Bend your knee behind you taking your heel towards your opposite buttock. Repeat on each side alternatively.

**Level 1:** Hold onto a chair for support



**Level 2:** Perform in unsupported standing



**Level 3:** With arm work- touch your heel with your opposite hand



**10 Balance Work:**

**Level 1:** Holding onto a chair. Single leg stand, try to let go of the chair and count for how long you can hold the position. Try again with the opposite side.



**Level 1b:** Holding onto a chair. Perform a tandem stand placing one foot in front of the other. Try to let go and count how long you can hold this for.



**9 Bicep Curls:** With your arms by your side palms facing forward, elbows tucked into your sides. Bend one elbow bringing your hands towards your shoulder. Repeat on each side.

**Level 1:** In sitting, use no weights or to make a little challenging use light hand weights.



**Level 2:** In standing



**Level 3:** In standing plus marching



**2 Heel Raises:** Push up through the balls of your feet lifting your heels off the floor. Return your heels back down.

**Level 1:** Hold onto a chair for support



**Level 2:** Perform in unsupported standing



**Level 3:** Unsupported standing with small hand weights



**3 Overhead Reach:** Start with hands at hip level. Lift one arm up overhead as far as your able then return it to hip height. Repeat on alternate sides.

**Level 1:** In sitting with no weights or light hand weights if wished.



**Level 2:** In supported standing with light hand weights



**Level 3:** Stand static and use your weights or add in marching on the spot to make it even more challenging.



**8 Side Taps:** Tap one foot out to the side then back to the middle. Repeat on each side.

**Level 1:** In sitting



**Level 2:** Hold onto a chair for support



**Level 3:** Standing without support and tapping each leg out to the side. To make this more challenging add punching with your arms in front.



**7 Round the World:** Hold onto a small weight and take it out to the side and over your head. Pass it to the opposite hand then take it down in front of your tummy and pass it back. If you have painful shoulders pass it at shoulder height rather than over your head.

**Level 1:** In sitting



**Level 2:** In standing



**Level 3:** In standing plus marching



**4 Knee Lifts:** Lift your knee to hip height then back down. Repeat on alternate sides.

**Level 1:** In sitting



**Level 2:** Hold onto a chair for support



**Level 3:** Unsupported standing lifting each knee or to make more challenging touch each knee with your opposite hand.



**5 Sit to Stand:** Sit on the front half of the chair. Stand up slowly from the chair then slowly sit back down with control.

**Level 1:** Push up using your arms on the chair.



**Level 2:** Cross your arms over your chest and stand with only your leg power.



**Level 3:** Stand with small weights in each hand.



**6 Heel Digs:** Put your foot out in front of you digging your heel in and pulling your toes up. Place it back then repeat on the opposite side.

**Level 1:** Sitting in a chair, to make more challenging you can add in arm curls too.



**Level 2:** Supported standing holding onto the chair.



**Level 3:** Unsupported standing without arm work or to make more challenging push and pull both arms forward and back whilst heel digging.





# Prehab Home Exercise Programme

Name: \_\_\_\_\_

**\*\*\*Remember to warm up for 10-15 minutes before exercising and cool down for 10 minutes after, including gentle stretches\*\*\***

EXERCISE	DATE:		DATE:		DATE:		DATE:	
	Reps	Level/Comments	Reps	Level/Comments	Reps	Level/Comments	Reps	Level/Comments
Leg curls								
Heel raises								
Overhead reach								
Knee lifts								
Sit to stand								
Heel digs								
Round the world								
Side taps								
Bicep curls								
Balance work								

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