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**Samaritan Hospital**

*Cancer Treatment Center*

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# **A Thrivers Guide to Wellness: *Movement***

*Nancy B.  
Clemente  
Cancer Fund*

*With Courage  
We Thrive*

[www.clementefund.org](http://www.clementefund.org)

## *With Courage We Thrive*

Are you a **THRIVER**?

You have survived your cancer.

Are you truly thriving?

Are you flourishing despite cancer?

**THRIVE** by seeking health and wellness in all aspects of your life!

The information in this booklet may help you on your journey to cancer wellness.

There are many benefits to movement during and after cancer treatment, before and after surgery and throughout your lifetime. Various forms of movement will be discussed in this booklet with suggestions for you to easily make these part of your daily routine either within your community or in your own home.

\*\*\*As always, please consult your physician prior to starting any form of movement exercise.

The Nancy B. Clemente Cancer Fund was established in 2007 to support the efforts of the Cancer Treatment Center at Samaritan Hospital in Troy, NY by providing educational programs for all in our community. The fund also assists breast cancer lymphedema patients with financial need to obtain necessary compression garments.

Nancy is an Occupational Therapist with over 30 years of experience in rehabilitation of the hand and upper extremity. She is a two time breast cancer **THRIVER!** Nancy is passionate about not just surviving cancer but living in **WELLNESS** beyond the diagnosis.

For more information about this fund and how to donate, please visit the Nancy B. Clemente Cancer Fund Website at: [www.clementefund.org](http://www.clementefund.org)

## 4. Restorative/Rehabilitation:

**Purpose:** To regain or restore loss of muscle strength, endurance or motion and/or to decrease pain or discomfort during everyday activities.

Sometimes long after cancer treatment and/or surgery you may find you are not able to perform a regular daily task due to limited motion, strength or endurance or because of pain. You may have a gradual decline in these areas or perhaps you have suffered a new injury.

Rehabilitation can help! Occupational, Physical and Speech Therapists are licensed professionals who are trained to restore function. Therapy is most often covered by health insurance. Contact your provider for the specifics of your plan. These services require a prescription from your physician.

So please...if you are experiencing a loss of strength, motion or endurance or if you have pain, have **COURAGE** and take a step towards wellness by discussing your concerns with your healthcare professional!

## Four Basic Components of Movement:

1. Stretching / Flexibility
2. Strengthening
3. Cardiovascular
4. Restorative / Rehabilitation

All forms of movement exercises can be modified according to your current physical status and with consideration of any medical precautions established by your physician.

There is always an individual starting point with any movement exercise which is built upon as your body improves.

Proper breathing during movement is essential for maximum results.

Keep breathing! Don't hold your breath!

# 1. Stretching / Flexibility

**Purpose:** To elongate muscle and surrounding tissue to maximize joint movement for optimal function. This type of movement helps you to safely reach into high cabinets or to pick up objects off the floor.

**Community Focus:** You may want to consider taking a class in any of the following to focus on stretching and flexibility:

- Yoga
- Tai Chi
- Pilates
- Nia

Your local fitness club may have a dedicated, self contained stretching area for you to use.

Massage therapy and/or myofascial release may be helpful. Consult with a licensed professional in your area.

\*\*\*Remember: Local schools or other organizations may offer low cost or free classes. In home DVD's and internet programs are other cost effective ways to participate in movement exercises.

# 3. Cardiovascular

**Purpose:** To enhance heart and lung function in order to build endurance and to improve tolerance to activities. These activities include going upstairs or uphill, walking the dog, biking or pushing a stroller. Any form of movement depends upon good cardiovascular function.

**Community Focus:** You may want to consider taking a class in any of the following:

- Zumba
- Nia
- Spin
- Cardio Kick Boxing
- Dance

**Home Focus:** From your own home, workplace or public environment consider the following activity options to improve cardiovascular function:

- Take a brisk walk
- Dance
- Yardwork
- Wii or other interactive Home Gaming System
- Use stairs rather than elevator
- Park your car far from store entrance

Push your  
buttocks back with  
outstretched arms.

Eyes are looking  
towards the floor.

Be sure your back is  
flat and your knees are slightly bent.

Hold for 10-15 seconds.

Repeat this series 3 times.

With a little practice, these steps will flow together  
to become one sequence of movement.



**Home Focus:** In your own home consider  
performing the following set of stretching  
movements:

*A. Two Arm Overhead with Broom*

Start with arms out straight and broom  
resting on your lap:



Raise broom directly overhead toward the ceiling  
as high as you can.

Return to start.

Repeat 5-10 times.

## *B. Side Bend*

Begin with one hand holding wrist overhead



Gently lean over to one side.

Hold stretch for 10-15 seconds.

Return to start.

Complete 3 stretches on each side.

**Home Focus:** In your own home consider performing the following movement series which has a strengthening component:

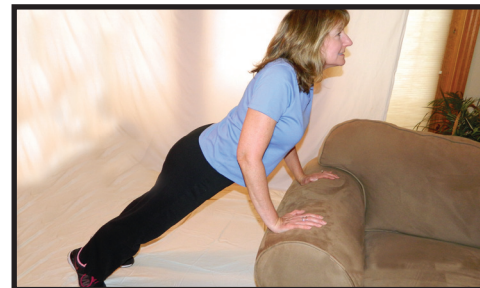


Place outstretched arms onto a secure surface. Your legs should be hip width apart, slightly bent at the hips.

Lift up onto the tips of your toes with your legs straight. Weight is applied through both arms.



Next, bend your elbows while bringing your face toward your hands.



Scoop downward in a fluid motion. Push upward on your hands and straighten your arms and back.

Hold this position briefly.



## 2. Strengthening

**Purpose:** To build muscle tissue in order to maximize performance of resistive activities. These activities may include lifting and carrying groceries, vacuuming, doing yardwork or performing childcare.

**Community Focus:** You may want to consider taking a class in any of the following to focus on improving body strength:

- Pilates
- Power Yoga
- Zumba Toning
- Tabata
- Kettle Ball
- Exercise Ball
- Water Aerobics

Consider joining your local fitness center to utilize various resistive machines, free weights or resistive bands, tubes, bars and balls. A personal trainer or movement specialist can design a program to meet your individual needs.

Follow your passion! Participate in an activity that you enjoy such as swimming, gardening, rowing, kayaking, tennis or any team sport to name a few.

### *C. Butterfly Stretch*

Place hands behind your head as if you are reaching to wash your hair.

Spread elbows apart as far as you can.

Hold for 10-15 seconds.

Relax.

Repeat 3 times.



### *D. Lower Back Reach*

Place both hands behind your back as if you are reaching into your back pockets.

Hold for 10-15 seconds.

Relax.

Repeat 3 times.

### *E. Forward Bend*

Stand with feet shoulder width apart.

Bending from the hips with your knees slightly bent, reach hands towards the floor.

Hold for 10-15 seconds.

Slowly return to starting position.

Repeat 3 times.



### *F. Leg Lunge*



Stand with feet shoulder width apart.

Step forward with one foot, keeping your back straight.

Avoid having your front knee go past your toes.

Hold for 5-10 seconds.

Return to start.

Repeat 3 times with each leg.

### *G. Sitting Trunk Twist*

Sitting with both legs outstretched, cross one leg over the other, with the thigh touching the floor.

Place the opposite hand on your bent knee and gently pull your knee across your body, turning your head to look behind you.

Hold for 10-15 seconds.

Return to start.

Repeat 3 times on each side.

