

## Resistance Chair Guideline for Cancer Rehabilitation

### General Information

Exercise and maintaining activity level is an essential tool in the rehabilitation and management of most types of cancer. Some studies have shown increased levels of physical activity can improve survival following diagnosis of breast cancer and colon cancer (1, 2). Along with an appropriate diet, exercise also reduces obesity and prevents excessive weight gain, which has also been suggested to improve mood and quality of life in people living with cancer. The Resistance Chair Solution provides an easy way to participate in an exercise program improving function, quality of life, and possibly increasing outcomes in some types of cancer treatment.

### Resistance Chair Recommendations

An exercise and aerobic program should be individualized to each type of cancer, level of cancer involvement, and level of conditioning. Cancer treatment and/or surgical intervention can lead to significant deconditioning and balance difficulties. Another benefit of the Resistance Chair Solution is preventing this deconditioning through the treatment process. Adequate strength can also decrease the risk of falls, preventing serious injuries and bone fractures. People with most types of cancer should adopt a regular safe, home-based exercise rehabilitation and fitness program, as offered by the Resistance Chair general conditioning program.

### References

1. Holmes, MD, Chen, WY, Feskanich, D, et al. Physical activity and survival after breast cancer diagnosis. JAMA 2005; 293: 2479.
2. Meyerhardt, JA, Giovannucci, EL, Holmes, MD, et al. Physical activity and survival after colorectal cancer diagnosis. Journal of Clinical Oncology 2006; 24: 3527.

General disclaimer: Consult your physician before using exercise equipment or starting an exercise program. Please read the complete disclaimer before using any Active Aging equipment or products.

General Precautions: Stop exercise if you experience pain and consult your physician before resuming the Resistance Chair exercise program.