



## CancerFit® Benefits

- > *Decreases fatigue*
- > *Decreases nausea*
- > *Strengthens one's ability to tolerate treatments*
- > *Improves strength and endurance for daily living*
- > *Empowers people to feel more in control*
- > *Enhances sleep quality*
- > *Boosts sense of well-being*
- > *Reduces pain related to scar tissue and injuries*
- > *Improves mood and reduces depression/anxiety*
- > *Controls weight*
- > *Builds bone density*
- > *Identifies and addresses muscular imbalances*

## BATON ROUGE PHYSICAL THERAPY



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## An active approach to cancer patient wellness



*an exercise and wellness program of*

**Baton Rouge Physical Therapy–Lake and  
The Cancer Program of Our Lady of the Lake  
and Mary Bird Perkins**

Playing tennis, doing laundry, making a sales presentation...these everyday activities can become difficult, if not impossible, while undergoing cancer treatment. Often battling extreme side effects such as fatigue, nausea, anxiety and depression, the treatment and recovery process for cancer patients and their families can be all-consuming. Now, The Cancer Program of Our Lady of the Lake and Mary Bird Perkins and Baton Rouge Physical Therapy–Lake have joined together to offer an active approach to cancer patient wellness.

**CancerFit® — An Active Approach** While it was once believed that rest and inactivity were the best approach to cancer treatment's debilitating fatigue and side effects, new research has shown that movement is essential in combating these physical consequences. CancerFit is a comprehensive exercise and wellness program designed to help people tolerate cancer treatment and regain the best possible physical fitness upon completion, as well as improve overall emotional and mental health. CancerFit uses customized exercise routines, led by specially trained therapists, designed to address each individual's needs and capabilities. This approach is combined with a wellness program focusing on mind/body integration.

**Moving Toward Recovery** CancerFit is modeled after a national program and directed by physical therapists, occupational therapists, and nurses. It is designed to specifically benefit each individual as they work closely with a therapist and then progress to a group setting led by specialized trainers. The program consists of the following three phases.

### Private Evaluation

A private evaluation is conducted by a physical and/or occupational therapist prior to initiating the exercise sessions. This meeting reviews medical history, personal goals and problematic areas, while also measuring the patient's flexibility, vital signs, upper and lower body strength, balance and aerobic capacity.



### Therapeutic Exercises and Physical/Occupational Therapy

Based on the patient's evaluation, the therapist will recommend a customized group of exercise options, including modified strength training, flexibility and aerobic conditioning. Some patients may receive manual therapy beneficial in treating surgical scars that may be restricting range of motion or diminishing tissue health. Lymphedema will be treated as needed by a lymphedema specialist with manual lymphatic drainage, wrapping, compression garments and therapeutic exercise.



Upon recommendation by a therapist, CancerFit participants may also enroll in the Balanced Body group Pilates program. Pilates (pul-LAH-teez) is a popular exercise regimen that uses special equipment and stretches to emphasize core strength combined with overall flexibility. Pilates exercise integrates breathing with coordinated movement patterns to maximize strength and postural control. All these principles come together, making for a holistic mind-body workout that can be simple or very challenging.

### Wellness Program

The group Wellness Program consists of a one-hour presentation each week. It offers lifestyle education specific to cancer and mind/body/spirit relaxation techniques to assist in stress reduction and overall well-being. Led by a nurse who is a trained mind/body/spirit specialist, participants will receive a guided group experience and learn important wellness information such as nutrition, fatigue factors, sleep, health and exercise guidelines.



CancerFit physical and/or occupational therapy sessions are typically covered by insurance. Usual co-pays and deductibles apply. The Pilates group exercise program at Balanced Body is not covered by insurance. There is no cost for the Wellness Program, which is ongoing and consists of eight lectures over two months.

**The Cancer Program of Our Lady of the Lake and Mary Bird Perkins is dedicated to offering this area the best cancer care available. The CancerFit program in partnership with Baton Rouge Physical Therapy–Lake is just one example of how you can count on us to continue leading the way with innovations that help patients heal, renew their spirit and embrace this new phase of life.**

**For more information or to enroll in the CancerFit program contact us at one of the following numbers:**

**>> Baton Rouge: (225) 231-3800**

**>> Gonzales: (225) 743-2060**

**>> Denham Springs: (225) 667-6598**