

Cancer Rehab Team

Prehab to Rehab

Exercise Leaflet

Prehabilitation (Prehab) is a way to prepare your mind and body ahead of future cancer treatment. Building your physical strength and psychological wellbeing before treatment can help to boost your treatment and reduce further problems and side effects.

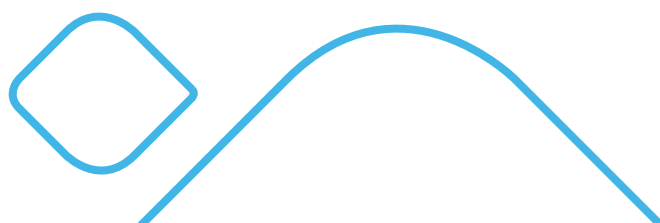
For more information, please read our '**Cancer Rehab Team Prehabilitation**' leaflet, or view our website on the **Royal United Hospital NHS Trust website** by searching '**Cancer Rehab Team**' or at: **www.ruh.nhs.uk/CancerRehab**. You can also use the QR code below to link directly to the webpage:



Physical activity guidelines

The Department of Health recommends that adults should complete 150 minutes of moderate physical activity a week. This can sound like a lot, but it can be broken down to 30 minutes, five days a week or 15 minutes, twice a day. We should also do two days a week of strength and balance exercises. Although this is the aim, any physical activity you can do is better than none. Many of our daily activities, such as food shopping in the supermarket, gardening or hoovering can count towards these active minutes. Please check out our website if you have not already for more information and videos around exercise.

If you find these exercises challenging, or you feel you have specialist needs, please contact your Oncology or Haematology team. If you have had surgery, please speak with your Clinical Nurse Specialist to check to see when you can start these exercises.



Important Information

We recommend you do not exercise if:

- you have had intravenous treatment within the past 24 hours.
- you are due or have had a blood test or blood transfusion within 24 hours.
- you feel sick, nauseous, dizzy or have had vomiting or diarrhoea in the past 36 hours.
- you have stopped chemotherapy due to a very low blood count. This is because you are at risk of being anaemic, at risk of falls and an increased risk of infection.

Exercises

Warm up:

You should warm up for 5-10 minutes. The aim of this is to gradually increase your heart rate to increase the blood flow to your heart, lungs, and muscles. This gently prepares your body for exercise and reduces the risk of injury, aches and pains and breathlessness. Towards the end of your warmup, you should feel warm and slightly short of breath. You can do this warm up sat down or stood up.

1. **Marching-** March on the spot with high knees for 1 minute. You can do this sitting in a chair or standing in front of a kitchen counter or sturdy table. If needed place your hands on a work surface.



2. **Heel tap and shoulder circles-** Standing in front of a kitchen worktop or sitting in your chair. Tap the heel of one foot out in front whilst rolling your shoulders up and back in a circular movement. If needed hold onto a worktop if you feel unsteady. Complete 1 minute, alternating your heel taps.

3. Side tap and punch- Standing in front of a kitchen worktop or sitting in your chair. Tap your foot out to the side and punch your alternate fist out in front lightly. If needed hold onto your worksurface if you feel unsteady. Complete 1 minute, alternating your arms and leg.



Main Exercises:

Start gently at a lower intensity and build this as your confidence grows. You may start with doing 1, 2 or 3 minutes and slowly increase. Aim to complete at least 10 minutes to get the most benefit out of your prehabilitation program.



1. **Side-step-** Standing in front of a worktop. Keep your feet facing forwards and sidestep in one direction and back to your start position.
 - a) Level 1: Holding onto a worktop if needed, sidestep for 30 seconds on, 30 seconds' rest. Complete 3-5 rounds.
 - b) Level 2: Take big steps without holding on and move at a faster pace for 1 minute on, 3 second's rest.
 - c) Level 3: Bring your arms out to the side as you step out and lowering your arms back to your side as you bring your feet together. Complete 1 minute with 30 seconds rest for 3-5 rounds.

2. **Lunge-** Holding onto a sturdy surface, take a big step back with your left foot. Bend at both hip and knee so that you form a lunge position. Complete 5-10 repetitions on one side and then switch your legs. You should feel your upper thighs working hard as you do this movement.
 - a. Level 1: Have your legs closer together and don't bend too far down. This movement also challenges your balance.
 - b. Level 2: Take a bigger step and/or try and bend more at your knees.
 - c. Level 3: Try this without holding on to a surface. You can also try doing the exercise while holding a weight out in front of you.





3. **Sit to stand-** Sit on a firm surface, use your arms if needed. You can use a raised seat to make it easier to stand up and sit down.
 - a. Level 1: Start from a high seat and use arms to help. Complete 10 sit to stands and then rest for up to 1 minute. Repeat for 3 rounds.
 - b. Level 2: Start from a chair, moving at a slower pace. Complete 10 sit to stands, resting for up to 1 minute. Repeat 3 rounds.
 - c. Level 3: Hold a weight or a heavy book to your chest and complete 10 repetitions of sit to stand for 3 rounds.

Cool down:

After any form of exercise, you should do some form of cool down. This is to help you recover from exercise and prevent injury or aches and pains. A good way to cool down is to walk gently or lightly march on the spot whilst your heart rate slowly lowers. Do this for approximately 2 minutes.



Please contact the Cancer Rehab team on: ruh-tr.cancerrehab@nhs.net if you have any questions or concerns in completing these exercises.

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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