



UNIVERSITY OF
NORTHERN COLORADO

Cancer Rehabilitation Institute

Evaluation Of Exercise-Based Prescription For Cancer Patients Undergoing Treatment

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RESEARCH QUESTION

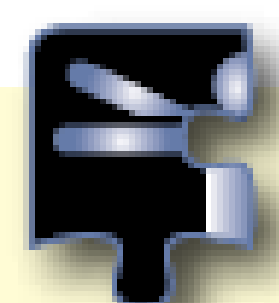
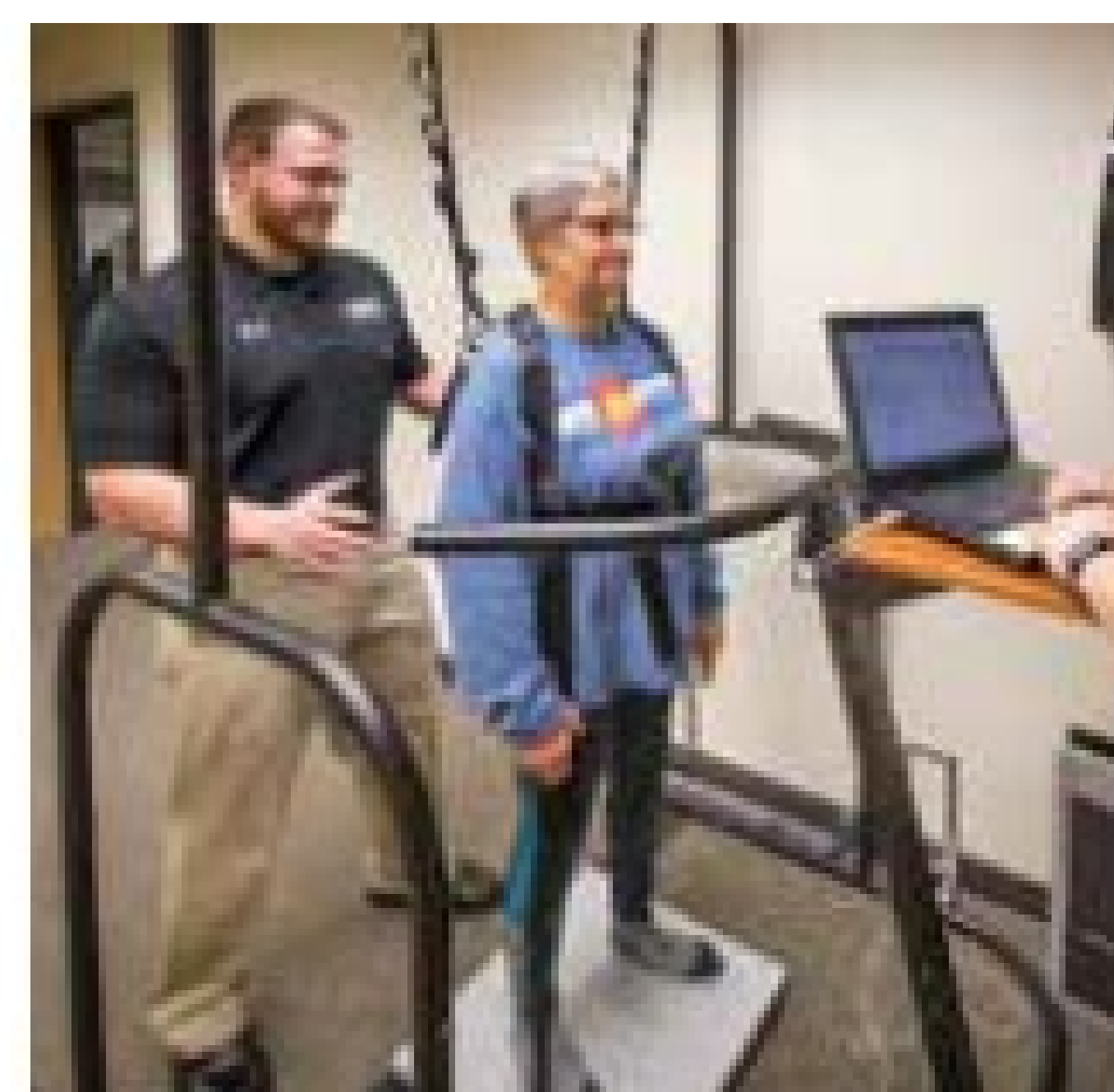
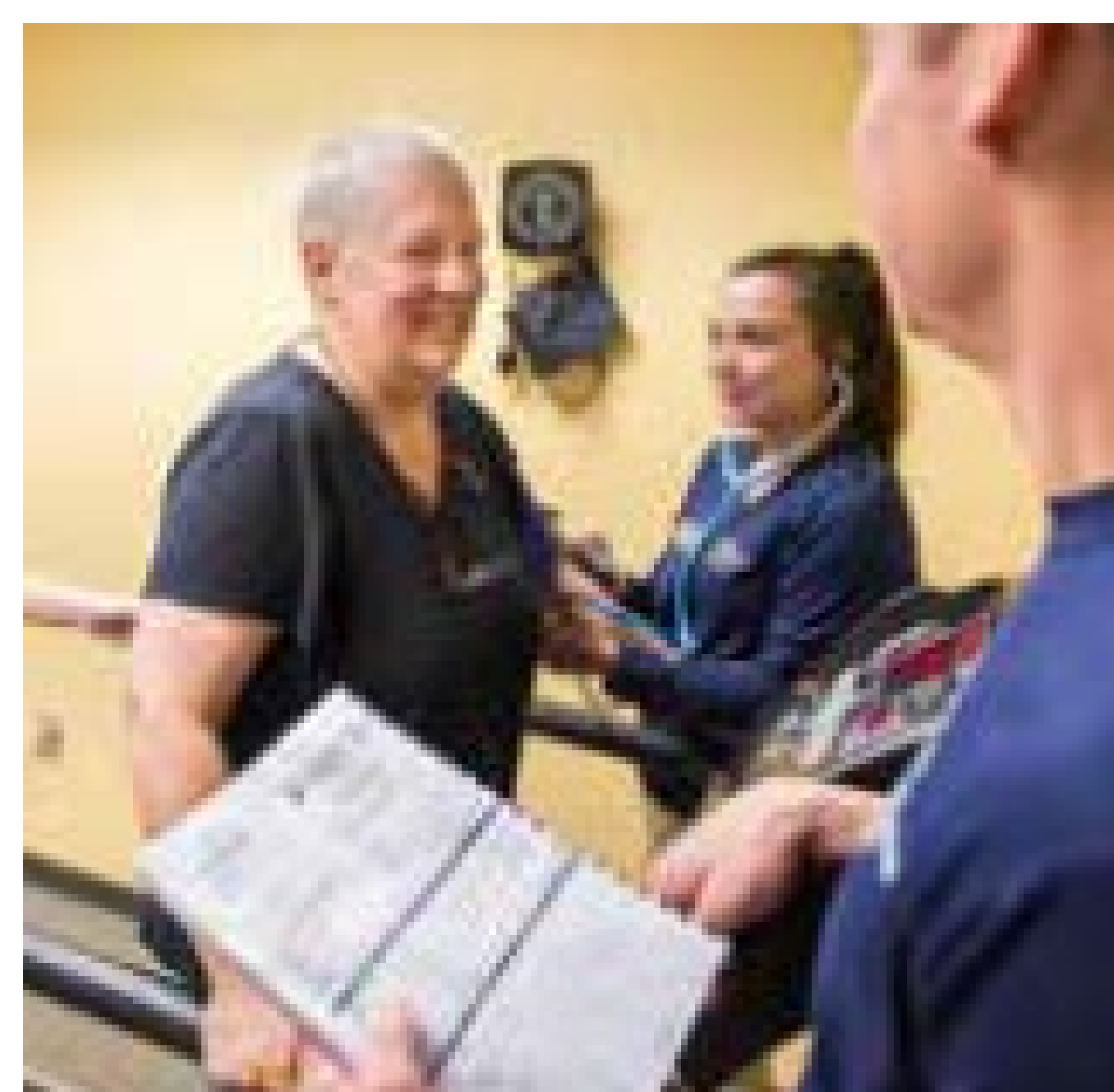
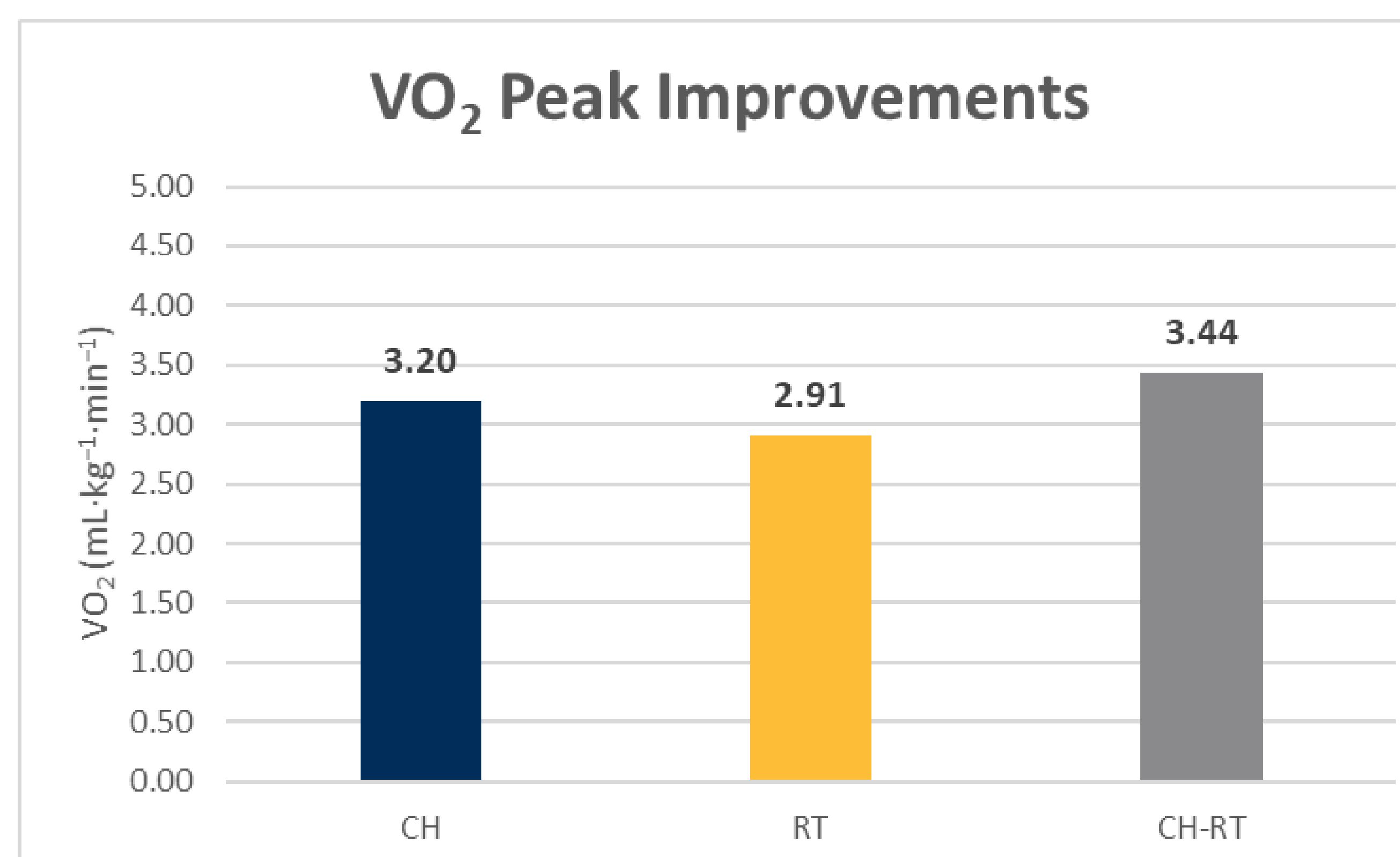
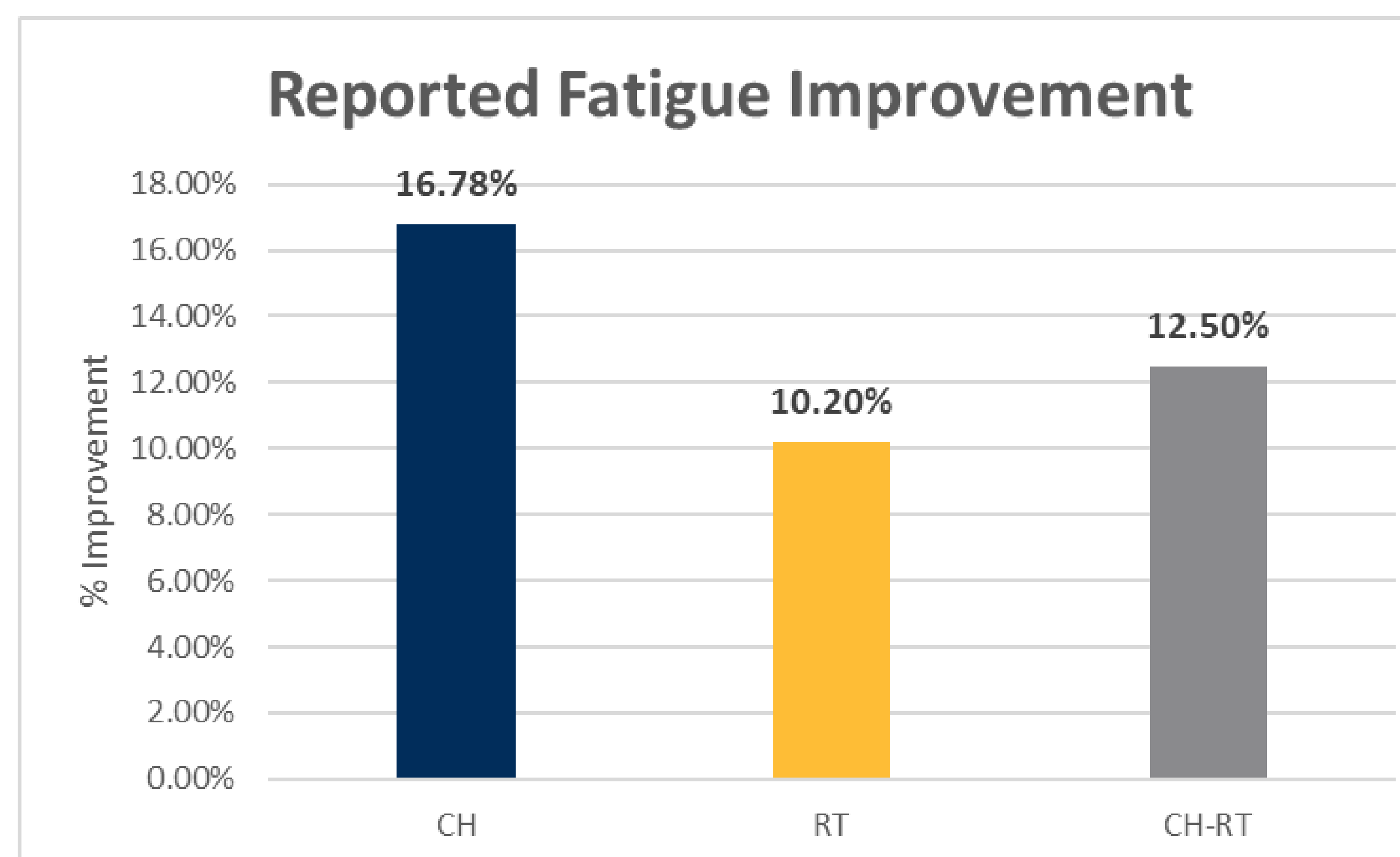
Research Question 1: What, if any, differences are there in physical and psychological outcomes between treatment types?

Research Question 2: Do physical and psychological outcomes provide conclusive evidence to support the Phase Model Program for cancer rehabilitation?

Colorado Cancer Statistics

- American Cancer Society (ACS) estimates ~17,000 new cases for 2023
- An estimated 4,840 of these cases will result in death
- Remaining ~12,230 will now become cancer survivors
- ~32% of survivors will die within 5 years
- ~68% will now live with the side effects for 10-30 years

RESULTS (snapshot)



PHASE 1

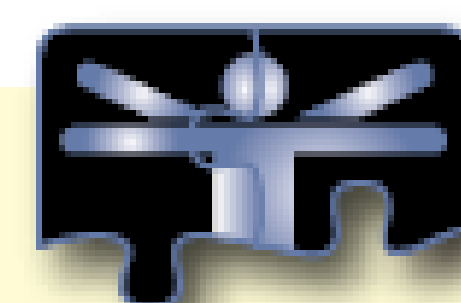
Who: Cancer survivors who are currently undergoing chemotherapy and/or radiation treatments, or have a recurrence of cancer. Clients will remain in this Phase during cancer treatment or for 3 months.

What is the goal of this phase?

To alleviate the severe side-effects of chemotherapy and/or radiation treatment.

What type of training will be provided?

Low intensity, one-on-one training.



PHASE 2

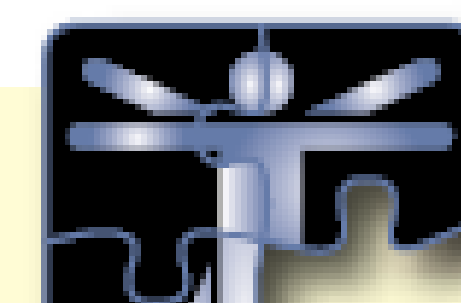
Who: Cancer survivors who have completed Phase 1, or clients who have had surgery and/or hormonal treatment, and have not had chemotherapy or radiation. Clients will remain in this Phase for 3 months.

What is the goal of this phase?

To reduce the physical and functional limitations created by cancer treatment.

What type of training will be provided?

Low-to-moderate intensity, one-on-one training that will incorporate foundational, technique-oriented exercises.



PHASE 3

Who: Cancer survivors who have completed Phase 2. Clients will remain in this Phase for 3 months.

What is the goal of this phase?

To improve physiological and psychological values beyond baseline. Clients should be back to functional health after completing this phase.

What type of training will be provided?

Moderate intensity, one-on-one training.



PHASE 4

Who: Cancer survivors who have completed Phase 3. There is no time period for this Phase.

What is the goal of this phase?

To maintain improvements in physiological and psychological parameters. To encourage and develop habits of lifetime physical activity.

What type of training will be provided?

Moderate-to-high intensity training is encouraged. Clients have the option of working out on their own, attending a group exercise session, or continuing to work out one-on-one with a Clinical Cancer Exercise Specialist.