Activity Guidelines for Patients with Cancer

Physical and Occupational Therapy

General tips:

- Work hard, but don't overdo it.
- Do not hold your breath. Keep breathing during activity.
- To make exercise harder, slowly increase how often (frequency) and how long (duration) you exercise. Then add repetitions and distance.

Blood cell levels

WBC (White Blood Cells): Help fight infection

ANC (Absolute Neutrophil Count): A type of white blood cell that fights infection

Hgb (Hemoglobin): Carries oxygen in the blood to muscles and other parts of body.

- If your hemoglobin is less than 8.0, wait until after your transfusion to do any heavy activity.

Plt (Platelets): Reduce or stop bleeding. Low platelets increase your risk of bruising or bleeding.

- If platelets are less than 50, stay active but avoid straining, resistance, long stretches and holding your breath.
- If platelets are less than 10, wait until after your platelet transfusion to do physical activity.

If you are bleeding or have a fever, you may exercise lightly if your care team approves.

Long-term goals:

- To exercise at least 30 minutes every day.
- To walk 3 miles per hour for 30 seconds to safely cross the street.

Exercise and activity help:

- Reduce cancer-related fatigue.
- Minimize weak muscles during your treatment (especially during BMT).
- Reduce the time your white blood cells and platelets are low.
- Improve your quality of life.
- Reduce nausea.
- Improve your sleep.
- Improve your mood.
- Make your heart and lungs stronger.
- Make daily activities easier.
- Make pain and diarrhea less severe.
- Reduce time spent in the hospital.

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Lab values chart

Date	WBC	ANC	Hgb	Plt

Exercise log

Date				
Activity				
Effort				

Date				
Activity				
Effort				

Date				
Activity				
Effort				

Date				
Activity				
Effort				

Date				
Activity				
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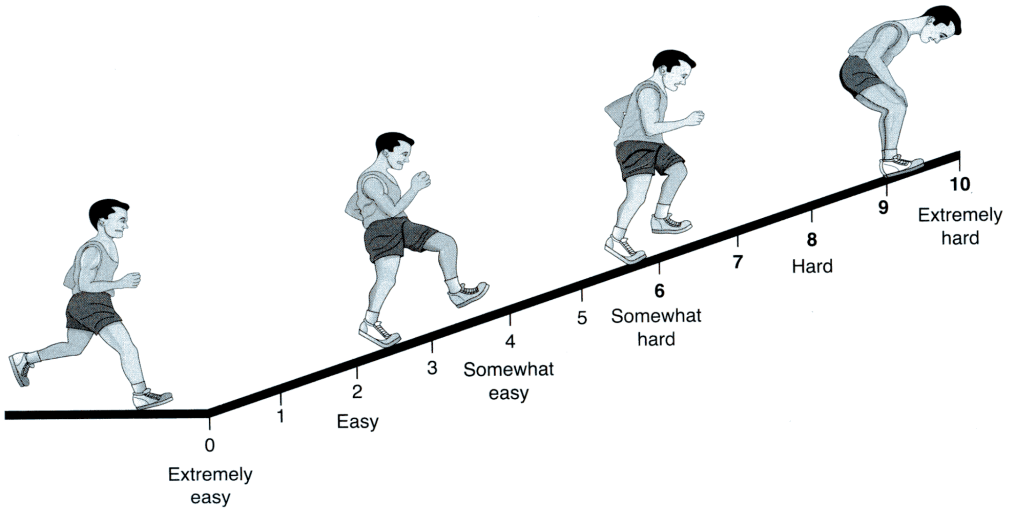
Effort Scale