

HOME EXERCISE PROGRAMME

YOUR GUIDE TO HOME-BASED EXERCISE



Table of Contents

1. Introduction	03
2. Resistance Band	04
2.1 <i>Storing And Caring For Your Resistance Band</i>	05
2.2 <i>Securing Your Resistance Band</i>	06
3. Safety Precautions	08
4. Recommended Physical Activity	08
5. Talk Test	09
6. Home Exercise Programme Schedule	10
7. Home Exercise Programme	11
7.1 <i>Aerobic Endurance</i>	11
7.2 <i>Upper Quadrant Strengthening</i>	15
7.3 <i>Upper Quadrant Stretching</i>	21
7.4 <i>Lower Quadrant Strengthening</i>	27
7.5 <i>Lower Quadrant Stretching</i>	34

Home Exercise Programme

Introduction

Cancer and its treatment may bring about side effects that cause your physical condition to be weaker than it was before your diagnosis.

This booklet is designed to simplify exercises that target the major muscle groups. They have the flexibility to be completed either in the comfort of your home or outdoors with minimal equipment. They are easy to understand, with diagrams to refer to. You will gain the most out of this program if you take charge of your condition together with us. Do not hesitate to raise questions during your review sessions. Our instructors are equipped with the knowledge to ensure that you are confident in performing the exercises independently.

Singapore Cancer Society Rehabilitation Centre will journey with you as you work towards taking life by the reins!

Home Exercise Programme

Resistance Band

The resistance bands are commonly used in exercise programmes. Singapore Cancer Society has the privilege of having regular donors provide funds to support recovery for cancer patients and survivors. Therefore, complimentary resistance bands are provided in our exercise programme.

Resistance bands are colour coded according to the different range of force they offer. It is important to use the instructed colour.



Home Exercise Programme

Storing And Caring For Resistance Band



1. Inspect the band for damage before every use. Do not use the product if nicks, tears, or punctures are found.
2. Store the product in a cool, dry place. Avoid direct sunlight and extreme temperatures.
3. Use a mild soap to clean and warm water to rinse the band, then pat dry.
4. Apply a thin coat of powder to prevent your resistance band from getting sticky.

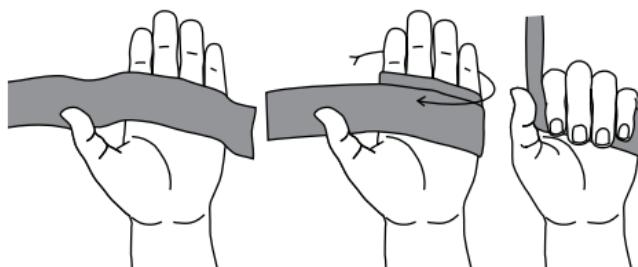
Home Exercise Programme

Securing Your Resistance Band

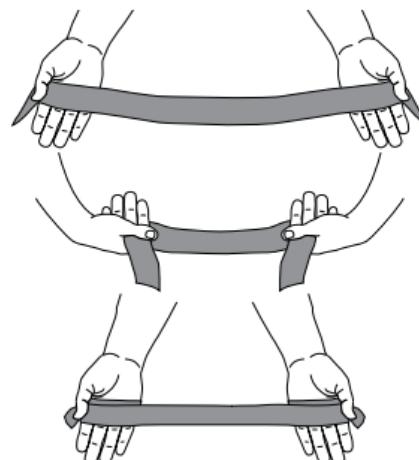
Ensure that the band is securely attached to your hand or foot before exercises.

Below are a few ways in which you can do so.

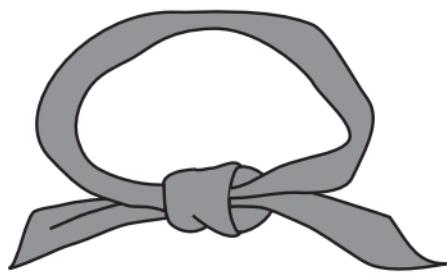
Grip Wrap



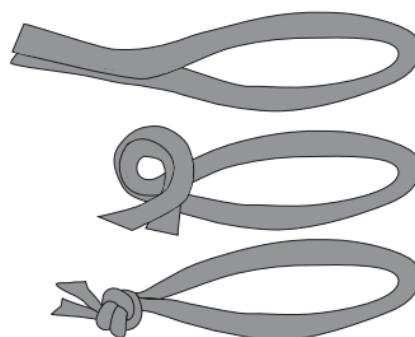
Palm Wrap



Creating Loops



Short length loop: Tie each end into a square knot.



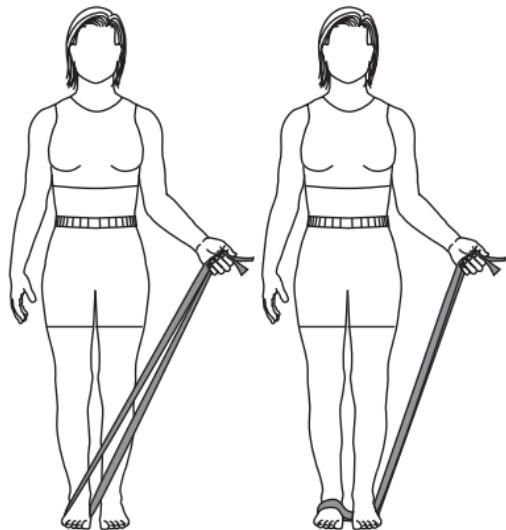
Long length loop: Tie ends together in a simple knot, leaving long loop.

(Source: Thera-Band)

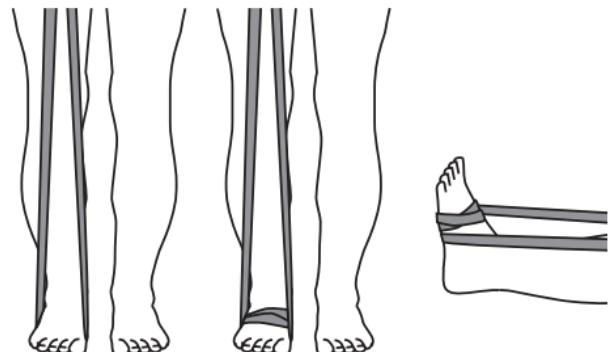
Home Exercise Programme

Securing Your Resistance Band

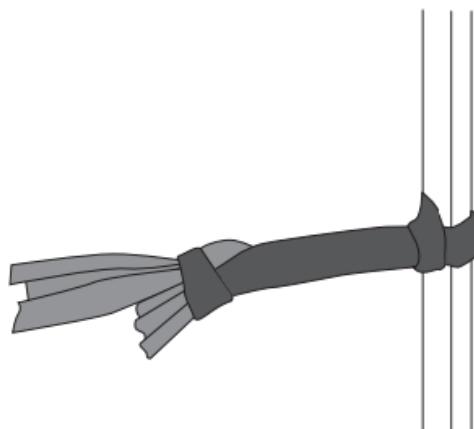
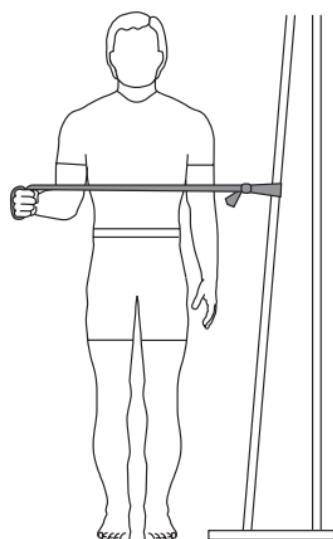
Foot Loop



Foot Wrap



Ensure that the resistance band is attached to a sturdy object that can oppose the force generated from stretching the band.



(Source: Thera-Band)

Home Exercise Programme

Safety Precautions



- Always perform exercises as prescribed by your instructor.
- Do not hold your breath. There is no breathing pattern to follow. Breathe normally throughout the exercise.
- If you experience an increase in pain during the exercise, stop the session immediately and inform your instructor.
- You may experience muscle soreness after the Exercise Programme. This should gradually decrease within the next 72 hours (Smith, 1992).

Recommended Physical Activity

Cancer Survivors:

150 minutes per week, Moderate Intensity.

(Irwin, 2012)



Weight Loss:

300 minutes per week, Moderate Intensity.

(Irwin, 2012)

Home Exercise Programme

Talk Test

Exercise Intensity 运动 强度	Talk 说话	Sing 唱歌
Low 低	✓	✓
Moderate 中	✓	✗
High 高	✗	✗

(Foster et al., 2008)

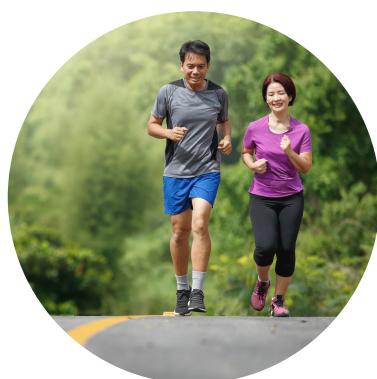


Home Exercise Programme

Home Exercise Programme Schedule



Monday



Wednesday



Thursday



Friday



Saturday



Sunday

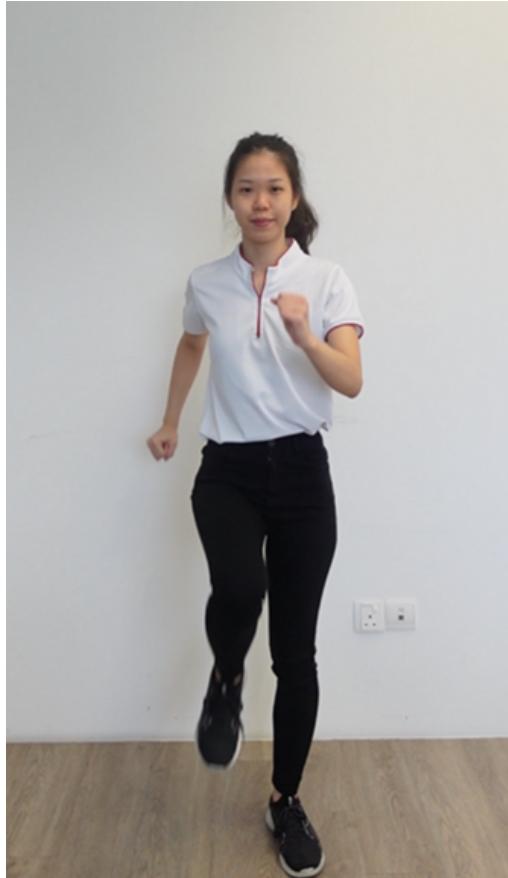


Aerobic Endurance

- Maintain the exercise intensity at a moderate level throughout the session.
- Ensure that you maintain your balance throughout the session.

Running / Jogging in Place

Low Impact: Marching in Place



- Stand with both legs at shoulder width apart
- Lift your foot off the ground while swinging your opposite arm as shown in the picture.
- Ensure that your feet land on the same spot.
- Alternate between your left and right feet.

5mins/ 10mins / 15mins

Home Exercise Programme

Aerobic Endurance

Jumping Jacks /

Modified Jumping Jacks



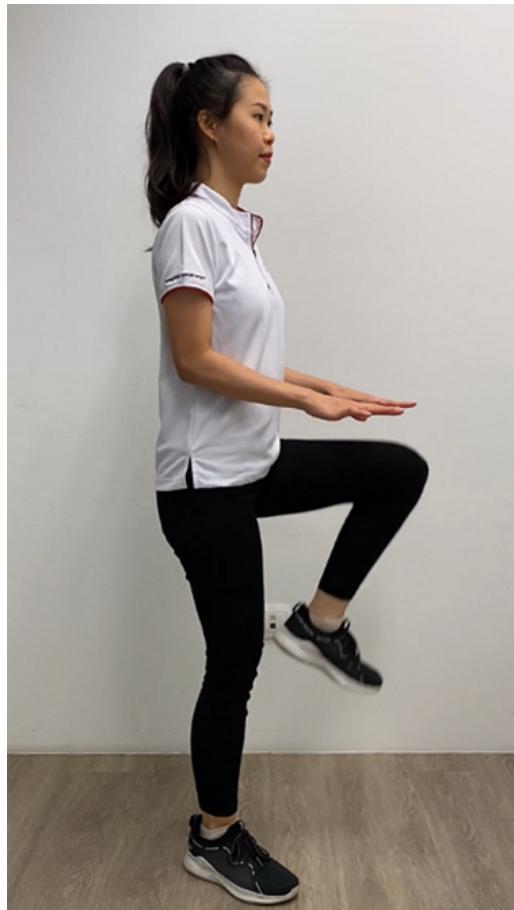
- Stand with both legs at shoulder width apart.
- Jump/ step to land with your legs open and your hands elevated simultaneously as shown in the picture.
- Return to your starting position with legs together and hands by your sides.

5mins/ 10mins / 15mins

Home Exercise Programme

Aerobic Endurance

High Knees



- Stand upright with legs at hip width apart.
- Alternate between lifting your left and right leg as high and as fast as you can.

5mins/ 10mins / 15mins

Home Exercise Programme

Aerobic Endurance

Buttock Kicks



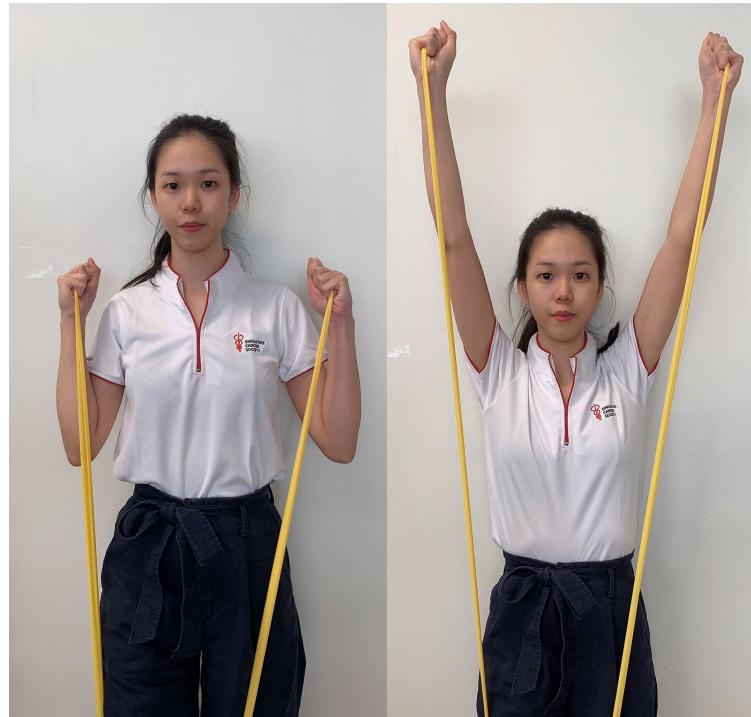
- Stand upright with legs at hip width apart.
- Alternate between lifting your left and right leg toward your buttocks as shown in the picture.

5mins/ 10mins / 15mins

Upper Quadrant Strengthening

- Ensure that you have access to a seated rest within an arm's length during standing exercises.
- Inspect the band for damage before every use. Do not use the product if nicks, tears, or punctures are found.

Overhead Press



- Ensure that the resistance band is secured around your foot.
- Bend your elbows with your upper arms by the side of your body.
- Push both arms upwards above your head as shown.

10 Repetitions x 3 Sets

Home Exercise Programme

Upper Quadrant Strengthening

Chest Press



- Wrap the resistance band behind you.
- Keep your arms at the side of your trunk as shown in the picture.
- Push your arms forward.

10 Repetitions x 3 Sets

Upper Quadrant Strengthening

Shoulder External Rotation



- Hold the resistance band in front of you.
- Pull the band outwards away from you.
- Ensure that your elbows are kept at the side of your trunk throughout the exercise.

10 Repetitions x 3 Sets

Home Exercise Programme

Upper Quadrant Strengthening

Elbow Flexion



- Ensure that the resistance band is secured around your foot.
- Start the exercise with your palms facing up.
- Bend your elbow as shown in the picture.

10 Repetitions x 3 Sets

Home Exercise Programme

Upper Quadrant Strengthening

Elbow Extension



- Ensure that the resistance band is secured to a sturdy object in front of you.
- Start the exercise with your elbows bent as shown in the picture.
- Straighten your elbow to align your upper limb with your trunk.



10 Repetitions x 3 Sets

Upper Quadrant Strengthening

Seated / Standing Row



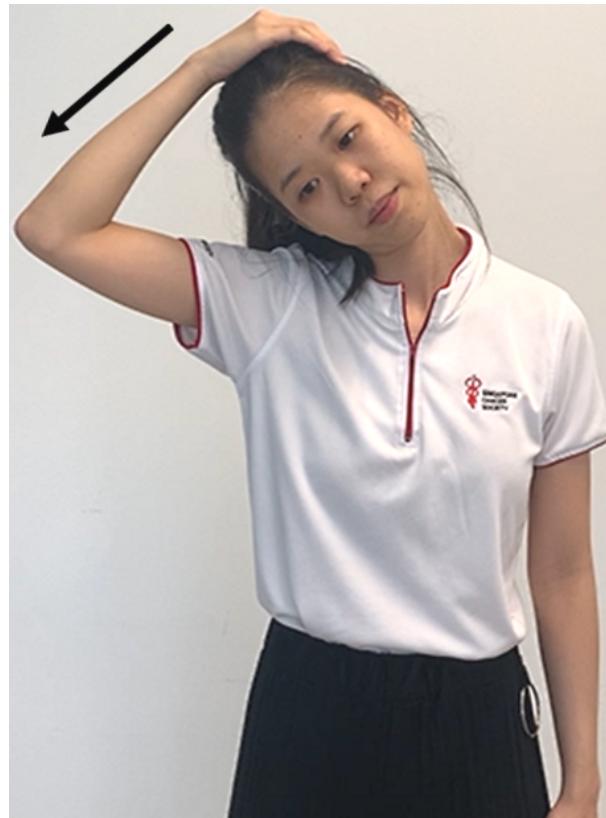
- Ensure that the resistance band is secured to a sturdy object in front of you.
- Start the exercise with your elbows bent as shown in the picture.
- Squeeze your shoulder blades together and pull back.

10 Repetitions x 3 Sets

Upper Quadrant Stretching

- Stretches should be done after Strengthening or Aerobic Exercises.
- Ensure that movements are smooth and controlled during the stretch. Do not bounce your body into the end of range.
- You should feel a mild comfortable stretch. Do not stretch into pain.

Neck Side Flexion Stretch



- Ensure your shoulders are relaxed during the exercise.
- Bring your ear towards your shoulder.
- Guide the direction of stretch with your hand as indicated by the arrow.

20 Seconds Hold, 5 Repetitions.

Upper Quadrant Stretching

Diagonal Neck Stretch



- Ensure your shoulders are relaxed during the exercise.
- Turn your head to look at your opposite armpit as shown in the picture.
- Guide the direction of stretch with your hand as indicated by the arrow.

20 Seconds Hold, 5 Repetitions.

Upper Quadrant Stretching

Neck Forward Flexion Stretch



- Bring your head downwards toward your chest.
- Place both hands on the back of your head.
- Guide the direction of stretch with your hand as indicated by the arrow.

20 Seconds Hold, 5 Repetitions.

Upper Quadrant Stretching

Front / Side Wall Climb

Front Wall Climb

- Stand facing the wall and place your hand against the wall.
- Take a step forward and slowly reach your hand upwards.



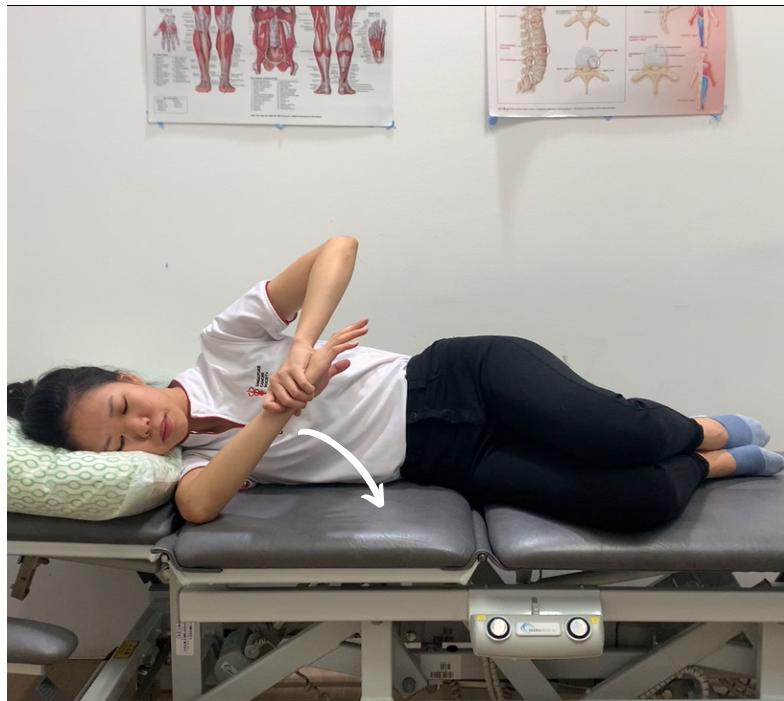
Side Wall Climb

- Stand next to a wall and place your hand sideway against the wall.
- Take a step towards the wall and slowly reach your hand upwards.

20 Seconds Hold, 5 Repetitions.

Upper Quadrant Stretching

Shoulder Internal Rotation / Sleeper Stretch



- Lie on your side with shoulder opened at about 90 degrees as shown.
- Push your wrist downward towards the bed with your opposite hand.

20 Seconds Hold,
5 Repetitions.

Upper Quadrant Stretching

Pectoral Stretch



- Stand facing the wall with your forearm supported at about 90 degrees.
- Turn your body away from the wall until you feel a stretch.

20 Seconds Hold,
5 Repetitions.

Lower Quadrant Strengthening

- Ensure that you are holding on to a firm surface while performing any standing exercises.
- Ensure that you have access to a seated rest within an arm's length during standing exercises.

Squats



- Stand with both legs at shoulder width apart
- Bend both your knees by mimicking the action of sitting down.
- Ensure that your knees are bent in the same direction as your toes.

10 Seconds Hold,
10 Repetitions, 3 Sets.

Home Exercise Programme

Lower Quadrant Strengthening

Lunges

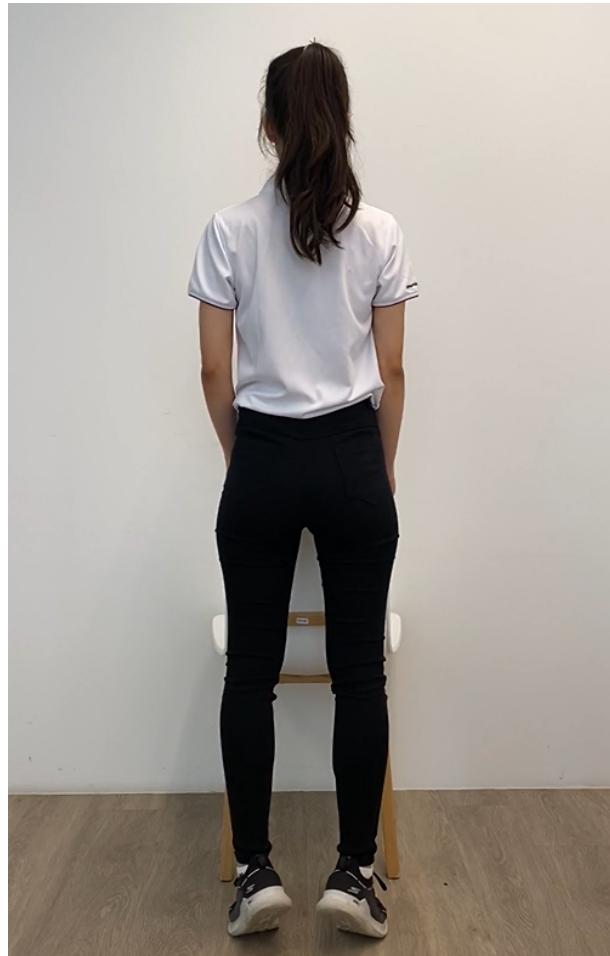


- Stand with both legs at shoulder width apart and take a step forward.
- Ensure that your toes are pointed straight forward.
- Bend both your knees as tolerated.

10 Seconds Hold,
10 Repetitions, 3 Sets.

Lower Quadrant Strengthening

Heel Raise



- Stand with both legs at shoulder width apart
- Raise your body by lifting your heel off the ground.
- Ensure that your ankles are not going outwards to prevent any injury.

10 Seconds Hold,
10 Repetitions, 3 Sets.

Lower Quadrant Strengthening

Toe Raise



- Stand with both legs at shoulder width apart
- Raise your body by lifting your toes off the ground.
- Ensure that your knees and body are straight.

10 Seconds Hold,
10 Repetitions, 3 Sets.

Lower Quadrant Strengthening

Hip Extension



- Stand with both legs at shoulder width apart.
- Lift your lower limb off the ground by bringing it backwards.
- Ensure that your knees and body are straight.

10 Seconds Hold,
10 Repetitions, 3 Sets.

Lower Quadrant Strengthening

Hip Abduction



- Stand with both legs at shoulder width apart.
- Lift your lower limb off the ground by opening it sideways.
- Ensure that your knees and body are straight and not tilted.

10 Seconds Hold,
10 Repetitions, 3 Sets

Lower Quadrant Strengthening

Single Leg Stand / Wall Stork



Single Leg Stand

- Stand with both legs at shoulder width apart
- Lift your lower limb off the ground by bending it upwards.
- Ensure that your knees and body are straight.

Wall Stork

- Prevent the towel from falling by pushing your knee against the wall.

10 Seconds Hold,
10 Repetitions, 3 Sets

Lower Quadrant Stretching

- Stretches should be done after Strengthening or Aerobic Exercises.
- Ensure that movements are smooth and controlled during the stretch. Do not bounce your body into the end of range.
- You should feel a mild comfortable stretch. Do not stretch into pain.

Lower Quadrant Stretching

Knee Rolls

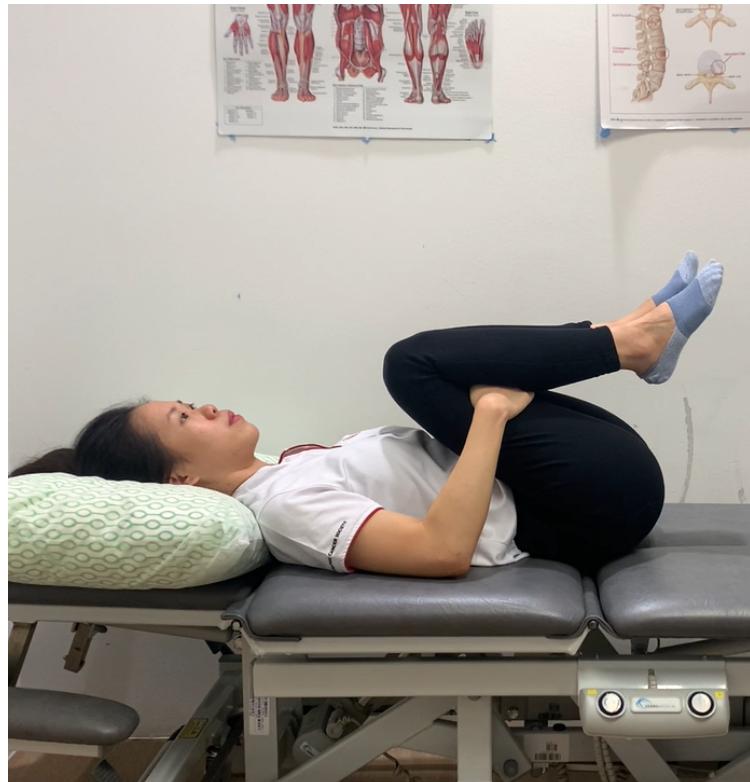


- Lie facing up on a bed with both knees bent.
- Keep your feet together and slowly roll your knees to one side of the bed.

20 Seconds Hold,
5 Repetitions.

Lower Quadrant Stretching

Knee Hug

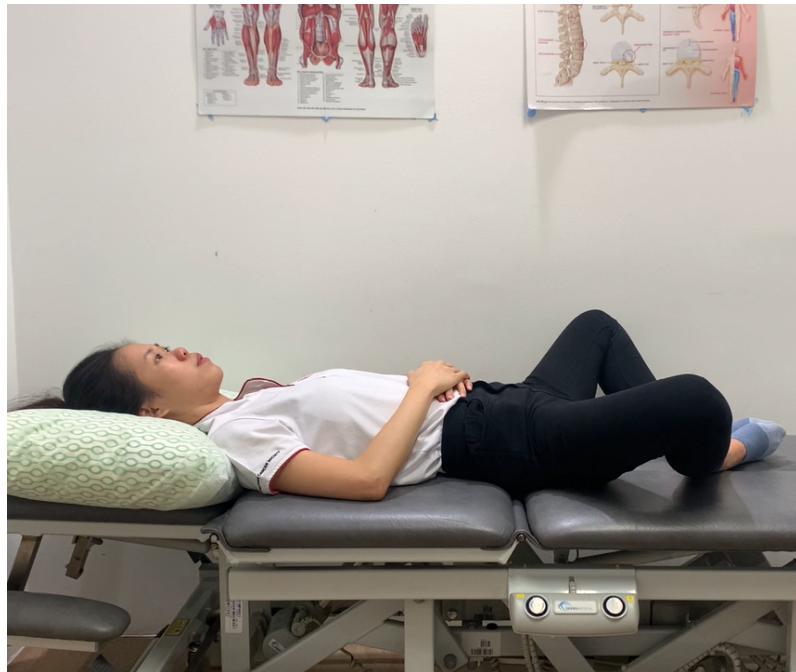


- Lie facing up with both knees bent.
- Place your hands on the back of your thighs.
- Hug your knees toward your chest.

20 Seconds Hold,
5 Repetitions.

Lower Quadrant Stretching

Butterfly Stretch



- Lie facing up with both knees bent.
- Lower your knees in opposite directions as shown in the picture.

20 Seconds Hold,
5 Repetitions.

Lower Quadrant Stretching

Hamstring Stretch



- Sit on a sturdy bed/chair with both feet flat on the ground.
- Straighten one leg forward as shown in the picture.
- Lean your body forward in the direction of your toes.

20 Seconds Hold, 5 Repetitions.

Lower Quadrant Stretching

Calf Stretch



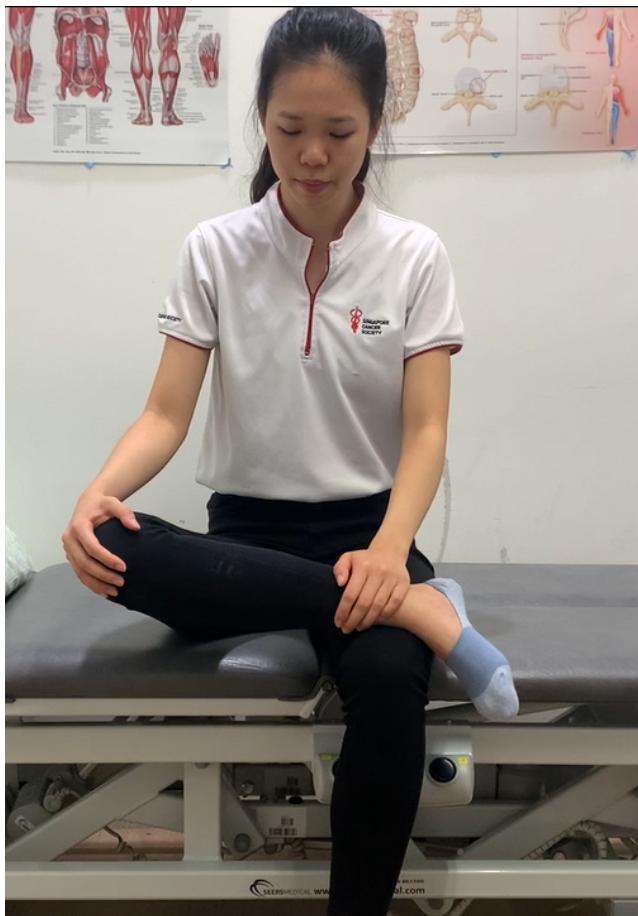
- Stand with both legs at shoulder width apart.
- Take a step forward.
- Ensure that your front knee is bent in the same direction of your toes.
- Keep the back leg straightened.

20 Seconds Hold,
5 Repetitions.

Home Exercise Programme

Lower Quadrant Stretching

Piriformis Stretch



- Sit on a firm surface. Place your ankle on the opposite knee as seen in the picture.
- Gently push your knee down toward the ground.
- Ensure that you are sitting straight throughout the exercise.

20 Seconds Hold, 5 Repetitions.

Lower Quadrant Stretching

Quadriceps Stretch



- Stand with both legs at shoulder width apart/ lie on your side.
- Bend your knee as shown in the picture.
- Gently pull your foot toward your buttocks.
- Ensure that your body is straight throughout the exercise.

20 Seconds Hold, 5 Repetitions.

References

- Foster, C., Porcari, J., Anderson, J., Paulson, M., Smaczny, D., & Webber, H. et al. (2008). The Talk Test as a Marker of Exercise Training Intensity. *Journal Of Cardiopulmonary Rehabilitation And Prevention*, 28(1), 24-30.
<https://doi.org/10.1097/01.hcr.0000311504.41775.78>
- Irwin, M. (Ed.). (2012). ACSM's guide to exercise and cancer survivorship. Human Kinetics.
- Smith, L. (1992). Causes of Delayed Onset Muscle Soreness and the Impact on Athletic Performance. *Journal Of Strength And Conditioning Research*, 6(3), 135-141.
<https://doi.org/10.1519/00124278-199208000-00002>.

NOTES:

*Disclaimer: This brochure is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. You are advised to consult a medical professional or healthcare provider if you are seeking medical advice, diagnoses or treatment. We shall not be liable for any damages, loss, injury or liability whatsoever suffered as a result of your reliance on the information contained in this brochure.

© 2022 Singapore Cancer Society.

All rights reserved.



REHABILITATION CENTRE

Celebrating Recovery

SCS Cancer Rehabilitation Centre
30 Hospital Boulevard
#16-02 NCCS Building
Singapore 168153

SCS Cancer Rehabilitation Centre
@ Jurong Medical Centre
60 Jurong West Central 3. Level 3.
Singapore 648346

Singapore Cancer Society
www.singaporecancersociety.org.sg
rehab@singaporecancersociety.org.sg
1800-727-3333

