
PROACTIVE STRENGTH EXERCISES AND ACTIVITY LOGS

STRENGTH

INTRODUCTION

Recommendations for cancer patients are to include strengthening exercises 2x week for all major muscle groups in the upper body (shoulders, upper arms, back, chest) and in the lower body (hips, thighs, knees, and lower legs).

These exercises are starting points. They should be done in a slow, controlled manner. You will do 10-12 repetitions, which comprise 1 "set" or group of repetitions.

Level 1, for the core and legs to maintain your ability to do bed mobility and transfers.

Level 2, done while sitting, allows you to start on a stable surface, pay attention to your core muscles with these to promote a stable base for your arm and leg muscles to work from.

Level 3, done while standing with either body weight or resistance bands.

Level 4, a little more advanced, done while standing, improves standing tolerance and relates to daily activities.

Level 1: Bed-Based Strength Exercise #1: Straight Leg Raise

Objective: This exercise strengthens your quadriceps, which will help with your ability to walk and do stairs.

1. Begin by lying on back, bend one knee, foot is flat on the bed.
2. Keep your opposite leg straight. Slowly lift the straight leg until it is even with the opposite thigh (approximately 45 deg angle), slowly lower.
3. Try to keep the leg as straight as possible when lifting, foot can either be pointed up or down.
4. Repeat 10x, switch legs and repeat 10x.

If you are ever placed on steroids this exercise is especially helpful to prevent loss of muscle strength.

How to progress:

1. Use ankle weights.

A.



B.



Level 1: Bed-Based Strength Exercise #2: Bridge

Objective: This exercise strengthens your gluteal and upper leg muscles, which will help with your ability to get out of bed, car or chairs.

1. **Begin by lying flat on your back, hips/knees are bent.**
2. **Keeping thighs close together, push through your feet and lift your bottom until your back is straight, try not to arch your back.**
3. **Repeat 10x.**

If you are ever placed on steroids this exercise is especially helpful to prevent loss of muscle strength.

A.



B.



Strength		
Goal: 2-3 days per week		
Name:		Level:

Level:

Day:

Day:

Band
color# of
Sets

Reps

Band
color# of
Sets

Reps

Band
color# of
Sets

Reps

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