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# **PROACTIVE STRENGTH EXERCISES AND ACTIVITY LOGS**

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## ***STRENGTH***

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### **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 4 Exercises

[illegible]

## Level 4 Strength Exercise #12: Shoulder Press

**Objective:** This exercise strengthens your arms and shoulders, for overhead lifting or reaching.

1. Begin with your feet shoulder-width apart and flat on the floor.
2. Hold weights at shoulder height with your palms facing forward.
3. Slowly raise both arms up over your head, keeping your elbows bent slightly, hold for 1 second.
4. Slowly lower your arms back down to the starting position.
5. Do 10 times.

### Easiest Version:

1. Do one arm at a time

### How to progress:

1. Increase reps to 2-3 sets of 10. If able to do that, then you can progress to a heavier weight and start with 1 set.
2. Do while standing.

A.



B.



## Level 4 Strength Exercise #13: Squats

**Objective:** This exercise strengthens your glutes and quads, improving ability to get up from chairs and do stairs.

1. **Begin standing with your feet shoulder-width apart with your arms straight out at chest height. Your shoulders should be stacked over your hips, your hips centered over your feet.**
2. **Lower your hips and sit back, keeping your weight in your heels, until your thighs are parallel to the floor. Keep your back straight and your chest up throughout the exercise.**
3. **Hold this position for one second and return to starting position.**

**\*\*Tips:** Avoid leaning forward too much. You do not want your knees to go over or past your toes.

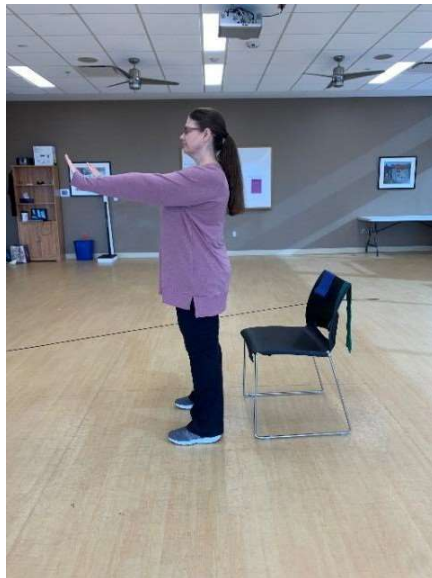
### **Easiest Version:**

1. Arms at your sides or crossed in front of chest.

### **How to progress:**

1. Use hand weights.

**A.**



**B.**



## Level 4 Strength Exercise #14: Step-ups

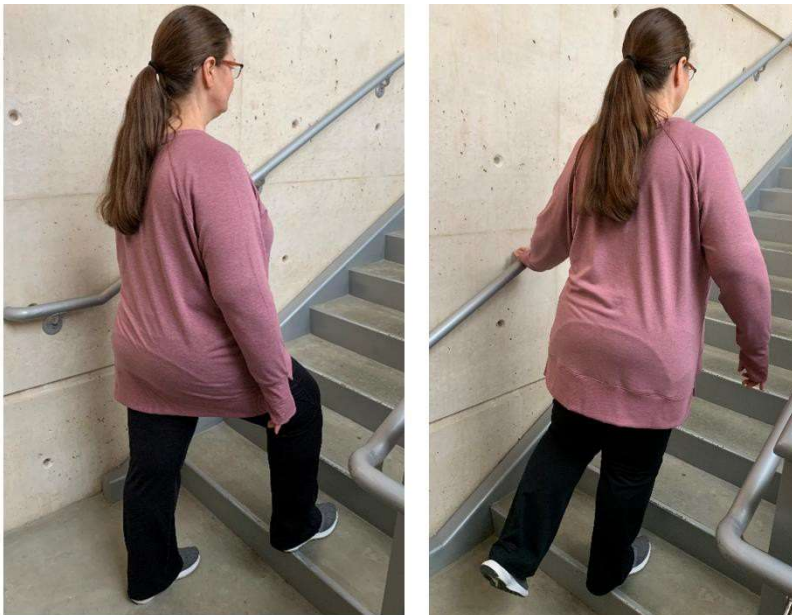
**Objective:** This exercise strengthens your legs, hips, and buttocks. Improves your ability to step or down from a curb, do stairs, and your balance.

1. Begin holding handrail at the bottom of a staircase.
2. Place entire right foot on the first step and step up.
3. Lift left foot up on step next to right foot.
4. Step back down with left foot.
5. Do 10 step ups with right leg leading, repeat 10 step ups with left leg leading.

### How to progress:

1. Use two steps instead of one.

One Step



Two Steps (Harder version)





## Level 4 Strength Exercise #15: 3-Way Leg Raise

**Objective:** This exercise builds strength in the hip muscles, which help maintain stability with walking and improves balance.

1. Stand with your hand on a chair or counter.
2. Slowly lift your leg forward and return to the starting position.
3. With the same leg, lift leg to the side with toes pointing forward, return to starting position.
4. With the same leg, lift your leg back and return to starting position.
5. Do 10x and repeat on opposite leg.

### How to progress:

When comfortable, try reducing amount of hand support on chair or counter.

**Starting Position**



**Forward Position**



**Side Position**



**Back Position**



