

# Client success story

## A Community-Based Exercise Program for Breast Cancer



### Profile at initial assessment 44 year old female

- ◆ Ceased work 3 October 2019
- ◆ Breast cancer diagnosis; Invasive ductal carcinoma (left breast and lymph nodes).
- ◆ Opted for reverse sequencing, bilateral mastectomy and full reconstruction.

### The program:

- ◆ 12 supervised park/community-based reviews completed over 7-8 months
- ◆ Provision of a combination of mobility, strength, endurance, and aerobic exercise options with appropriately prescribed intensities dependent on stages of oncology treatment experience at the time
- ◆ Inclusion of family-oriented activities to re-connect and gradually return to all activities of daily living





## Key health marker outcomes:

- ◆ Intensity and frequency of fatigue experienced improved from 26/63 to 14/63 on the FSS
- ◆ Improvements in all areas of the FACT-G questionnaire for Physical, Social/Family, Emotional, and Functional wellbeing
- ◆ Restored unrestricted mobility of left upper limb (particularly the left shoulder)
- ◆ Increased strength and endurance of upper limbs allowing unrestricted pulling, pushing, lifting and carrying as desired
- ◆ Significantly reduced resting heart rate from 96bpm to 66bpm with associated improvements in cardiovascular fitness now walking at an average speed of 5.6km/hr and up to 11,000 steps per day

“Olivia tailored the program to what was important to me, alongside challenging me to think differently in trying different approaches. I appreciated the time spent with my clinician, which has been an integral part of my overall recovery.”

## Key RTW outcomes:

<b>Ceased work</b>	3 October 2019
<b>At program commencement</b>	11 August 2020, certified for suitable duties up to 15 hours per week
<b>At program completion</b>	Certified for full time unrestricted duties (pre-disability work duties) and returned to work on 19 October 2020

## Other reported benefits from the program:

- ◆ Demonstrated excellent adherence, engaging in her outdoor park-based exercise program at least 3x per week
- ◆ Re-engagement in activities with her children that were previously impacted by upper limb pain, nausea and fatigue
- ◆ At program completion, reported feeling empowered and extremely confident to maintain physical activity as an integral part of self-care in sustaining her quality of life

**10/10**  
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