

Client success story

Work Conditioning for Prostate Cancer

Condition: Prostate Cancer



Profile at initial assessment 46 year old male

- ◆ Diagnosed with Prostate Cancer in 2016
- ◆ Unable to work in his role as an electrician due to treatment and ongoing fatigue
- ◆ Hormone therapy causing systemic joint pain in knees, shoulders, hands, and feet which impacted daily physical function
- ◆ Reduced ability to lift loads overhead, climb stairs or squat to full depth, impacting both vocational engagement and avocational activities
- ◆ Fatigue and lethargy coupled with poor sleep quality (sleeping 5-6 hours per night), contributing to reduced cognitive function

The program:

- ◆ 9 supervised home and gym-based reviews completed over a 9-week period
- ◆ Provision of a combination of global strength conditioning, hydrotherapy exercises and aerobic conditioning
- ◆ Hydrotherapy exercises embedded as an active recovery method, or mode of activity to be used if fatigue/symptoms increase



Key Health Marker outcomes:

- ◆ **70% improvement** in ability to lift load overhead
- ◆ **23% improvement** in pain (SF-36)
- ◆ **25% improvement** in role limitations due to physical health
- ◆ Clinically significant improvement in the Fatigue Severity Scale (FSS)
- ◆ Post-program significant improvements in aerobic capacity and global muscular strength/endurance



“The program was excellent; it really helped my knees, including going up and down stairs. The EP I had the opportunity to work with was very helpful”.

10/10
NPS

Key RTW outcomes:

At program commencement, 15 June 2022

No Capacity for Work

Initial return to work, 27 June 2022

Mid-way through program, trialled volunteer lecturing for 12-14 hours per week

At program completion, 29 August 2022

Obtained paid employment lecturing 38 hours per week

Other reported benefits from the program:

- ◆ Demonstrated excellent adherence to the exercise program, attending the pool/gym 3x per week as recommended.
- ◆ **Maintaining ability** to complete 10,000 steps per day and completing ADLs with greater ease.
- ◆ Reported **improved ability** to independently manage symptom changes with flare up plans.
- ◆ At program completion, reported feeling **empowered and extremely confident** to maintain exercise program **independently**.



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