

## Client success story - Part 1



### Profile at initial assessment

53 year old female

# An Exercise Program for Complications from Pneumonia

- ◆ Ceased work in November 2019 after being hospitalised for Pneumonia and multiple complications that followed.
- ◆ High levels of fatigue, reduced balance and proprioception, inability to complete household tasks such as vacuuming, sweeping, mopping, reduced mood and cardiovascular fitness, impaired cognitive capacity, unable to drive.
- ◆ Reduced sitting tolerance and some difficulties with social interactions.

## Injury/Condition:

Client was diagnosed with Pneumonia in November 2019 which resulted in six weeks spent in the ICU, two of these weeks unconscious resulting in multiple organ failure, reduced lung and cognitive capacity, difficulties with ambulation and speech. Client then recovered and was diagnosed with Bowel Cancer August 2021.

## The initial program:

- ◆ 9 supervised gym-based reviews completed over a 15-week period
- ◆ Provision of a combination of balance and proprioceptive, resistance and aerobic training
- ◆ Encouragement to gradually increase capacity to complete ADLs through implementation of pacing strategies

## Key Health Marker outcomes:

- ◆ **50% improvement** in social functioning
- ◆ **50% improvement** in general health
- ◆ **35% improvement** in physical functioning
- ◆ CSFS scores for vacuuming and sweeping **increased by 90%**
- ◆ CSFS scores for mopping **increased by 80%**
- ◆ CSFS scores for cognitive capacity **increased by 50%**
- ◆ Significant improvements with global muscular strength, improvements with balance and self-reported walking capacity.

## Key RTW outcomes:

### At program

**commencement,** 31/03/21 Certified unfit for all duties

**Initial return to work, 30/08/21**

Received medical clearance for graded return to work (RTW) in pre-disability role, certified for 24 hours per week. RTW was then delayed due to bowel cancer diagnosis.

### At program

**completion,** 06/09/21 Certified fit for 24 hours per week



## Client success story - Part 2

# An Exercise Program for Cancer & Comorbidities

### Injury/Condition:

Client was diagnosed with Pneumonia in November 2019 which resulted in six weeks spent in the ICU, two of these weeks unconscious resulting in multiple organ failure, reduced lung and cognitive capacity, difficulties with ambulation and speech. Client undertook Exercise Rehabilitation program with Guardian Exercise Rehabilitation and was discharged prior to being diagnosed with Bowel Cancer August 2021.

### Profile at reassessment

- ◆ Bowel Cancer diagnosis underwent removal of lesion on bowel, with resection.
- ◆ Commenced chemotherapy, one week on, one week off
- ◆ Experienced high levels of fatigue, chemo fog, chemo-induced peripheral neuropathy symptoms
- ◆ Reported reduction in psychological wellbeing
- ◆ Inactivity over past 7 weeks since cancer diagnosis

### The initial program:

- ◆ 9 supervised gym-based reviews completed over a 15-week period
- ◆ Provision of a combination of balance and proprioceptive, resistance and aerobic training
- ◆ Encouragement to gradually increase capacity to complete ADLs through implementation of pacing strategies

### Key Health Marker outcomes:

- ◆ Improved functional strength following chemotherapy treatment
- ◆ Increased self-confidence to re-engage with ADLs
- ◆ Reduced falls risk with improved balance
- ◆ Improved cancer-related fatigue management with implementation of pacing strategies
- ◆ In remission from Bowel Cancer May 2022

### Key RTW outcomes:

**At program commencement, 05/10/21** Certified unfit for all duties

**Initial return to work, 06/06/22** 2 days x 4 hours completing pre-injury duties

**At program completion, 12/09/22** Working 27 hours/week, Certified for 36 hrs per week for pre-injury duties and hours in January 2023

### Other reported benefits from the program:

- ◆ Demonstrated excellent adherence to the gym exercise program, attending the gym three times/week
- ◆ Demonstrated good adherence to home exercise program, with independent completion two times/week
- ◆ Self-reported improved psychological wellbeing through program participation
- ◆ At program completion, reported feeling confident to continue with exercise program independently.

**10/10**  
NPS

“Guardian Exercise Rehabilitation was wonderful and there is nothing they could have done to improve my experience.”



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