



Carle Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

12205K



611 W. Park St., Urbana, IL 61801 | (217) 383-3311 | [carle.org](http://carle.org)

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# Cancer Survivorship Exercise Program

SPORTS MEDICINE





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*You deserve renewed strength, health and wellness.*

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## Gain the strength, endurance and range of motion needed to get back to daily activities.

Cancer treatment is exhausting and can affect your body in many ways. Our program offers specialized training, exercise and support to help you get back to daily activities and doing what you love.

### **CANCER TREATMENT AND YOUR BODY**

After going through cancer treatment, it's common to have less physical strength, lower endurance, and less flexibility and range of motion than before. Special exercises and training can help rehabilitate your body after treatment.

### **OUR PROGRAM**

Our Cancer Survivorship Exercise Program aims to help people regain strength, endurance and flexibility after cancer treatment. Guided by our sports medicine specialists – and alongside others in a friendly group setting – you'll work on rehabbing your body at a comfortable pace overseen by experts.

Sessions feature yoga, stretching, active range-of-motion (AROM) exercises and other proven methods of rehab.

We focus on these parts of your body and more:

- Cervical spine.
- Shoulder.
- Elbow.
- Wrist.
- Upper back.
- Scapulothoracic joint.
- Thoracic spine.
- Lumbar spine.
- Hip.
- Glutes.
- Quads.
- Hamstrings.
- Adductor muscles.
- Calves.
- Ankles.
- Great toe/balance.

Instruction starts with lighter training, and over time, we build up your strength and endurance. The first four weeks of the program, you'll exercise in small groups of three to five people. For the final six weeks, everyone is brought together into one larger group.

Your health and safety are always first. We watch over you and will report back any issues or complications to your doctor, if they occur.

### **DETAILS AND SPECIFICS**

- This ten-week program meets two times a week, Mondays and Wednesdays. Weeks one through four will be small-group sessions. Weeks five through ten will combine all four groups.
- Location: 2300 S. First St., Champaign
- Cost: \$200

### **HOW TO SIGN UP**

Email [OrthoSportsFFS@carle.com](mailto:OrthoSportsFFS@carle.com). The program is for anyone who's been through cancer treatment and has been cleared by their doctor to resume physical activity. If you have any questions, talk to your doctor or care team, or reach out to us at the email address above.

A portion of this program is generously supported by donated funds from the Carle Health Center for Philanthropy through the ARISE Fund. Please inquire about qualifications when registering.

### **REGAIN YOUR STRENGTH.**

Let us help you regain the strength, endurance and flexibility you might have lost due to your cancer treatments. Our sports medicine specialists are here to help, all in a friendly and pressure-free environment alongside others who've also gone through treatment.

Email us today at [OrthoSportsFFS@carle.com](mailto:OrthoSportsFFS@carle.com) and sign up for the Cancer Survivorship Exercise Program. You deserve renewed strength, health and wellness. We look forward to hearing from you.