

# EXERCISE PHYSIOLOGY AND PROSTATE CANCER

**Stacey Singleton – Accredited Exercise Physiologist,  
The Healthy Body Company, Jordan Springs**

# WHAT IS AN EXERCISE PHYSIOLOGIST?

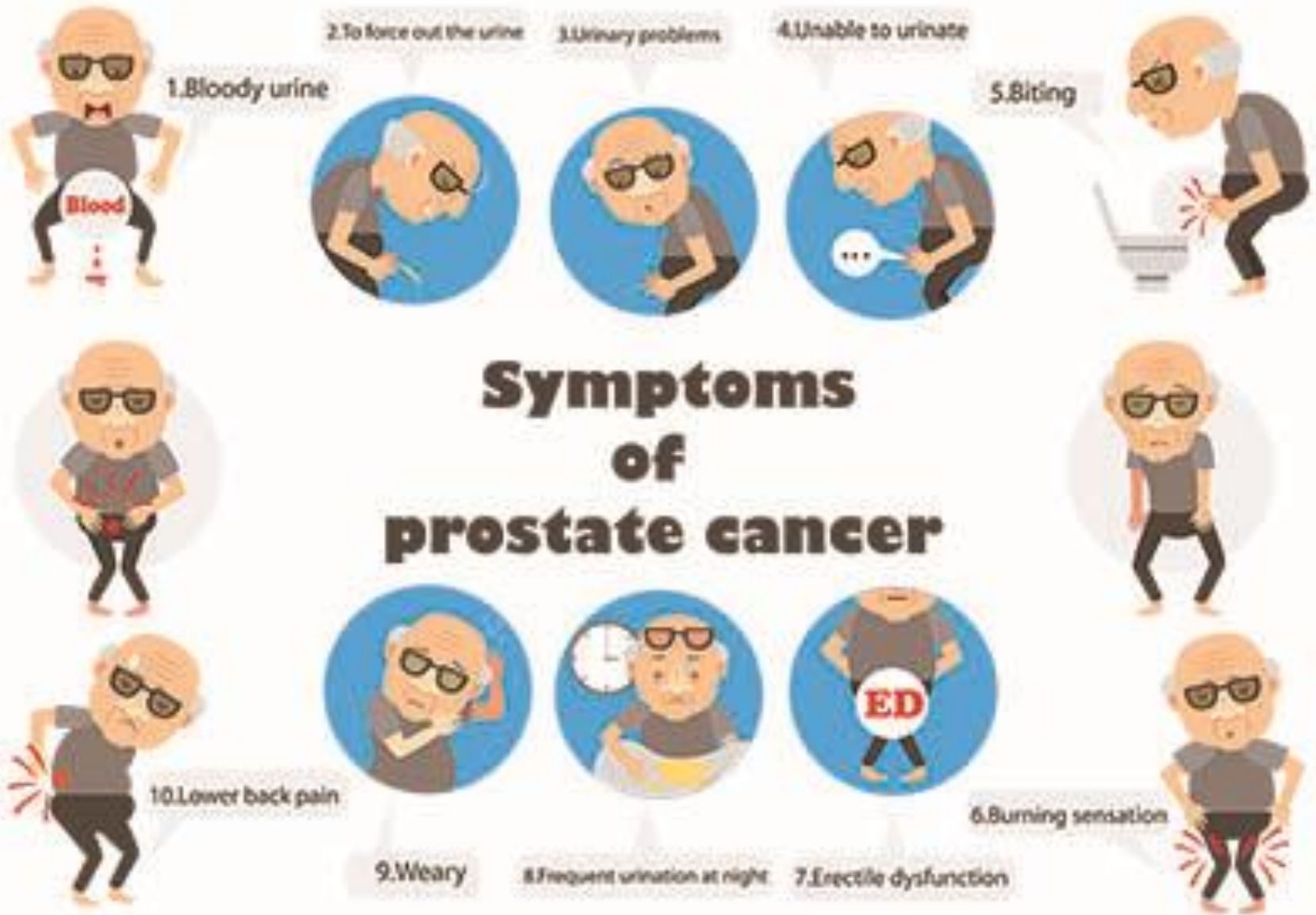


- ✓ Completed 5 years of university
- ✓ Masters in Rehabilitation
- ✓ Works with Chronic diseases and injuries;
  - ✓ cancer, heart and lung disease, neurological disorders, diabetes, obesity..
  - ✓ Lower back pain, shoulder/knee/hip reconstruction rehabilitation..

# SYMPTOMS OF PROSTATE CANCER

Unlikely to experience symptoms

- Changes in urination
- Pain/stiffness in lower body



# TREATING PROSTATE CANCER

## Side Effects from Treatments/Therapies

- Medications
  - hormone reducing therapies
  - chemotherapy
- Radiation
- Surgery

### YOUR PLAN

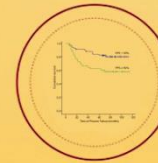
*will be based on:*



STAGE



GLEASON SCORE



PSA LEVEL



HISTORY



# HOW DOES EXERCISE HELP?

# EXERCISE CAN HELP WITH..

- Minimise bone loss

Adaptation occur from

- force placed upon the bone
- muscles pulling against the bones



# EXERCISE CAN HELP WITH..

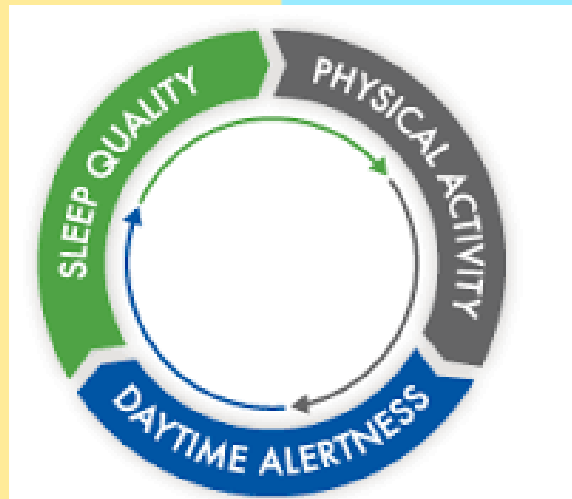
- Reverse Muscle loss  
Increase muscle mass
- Promote weight loss  
decrease visceral adiposity





# EXERCISE CAN HELP WITH..

- Combat fatigue
- Improve exercise capacity



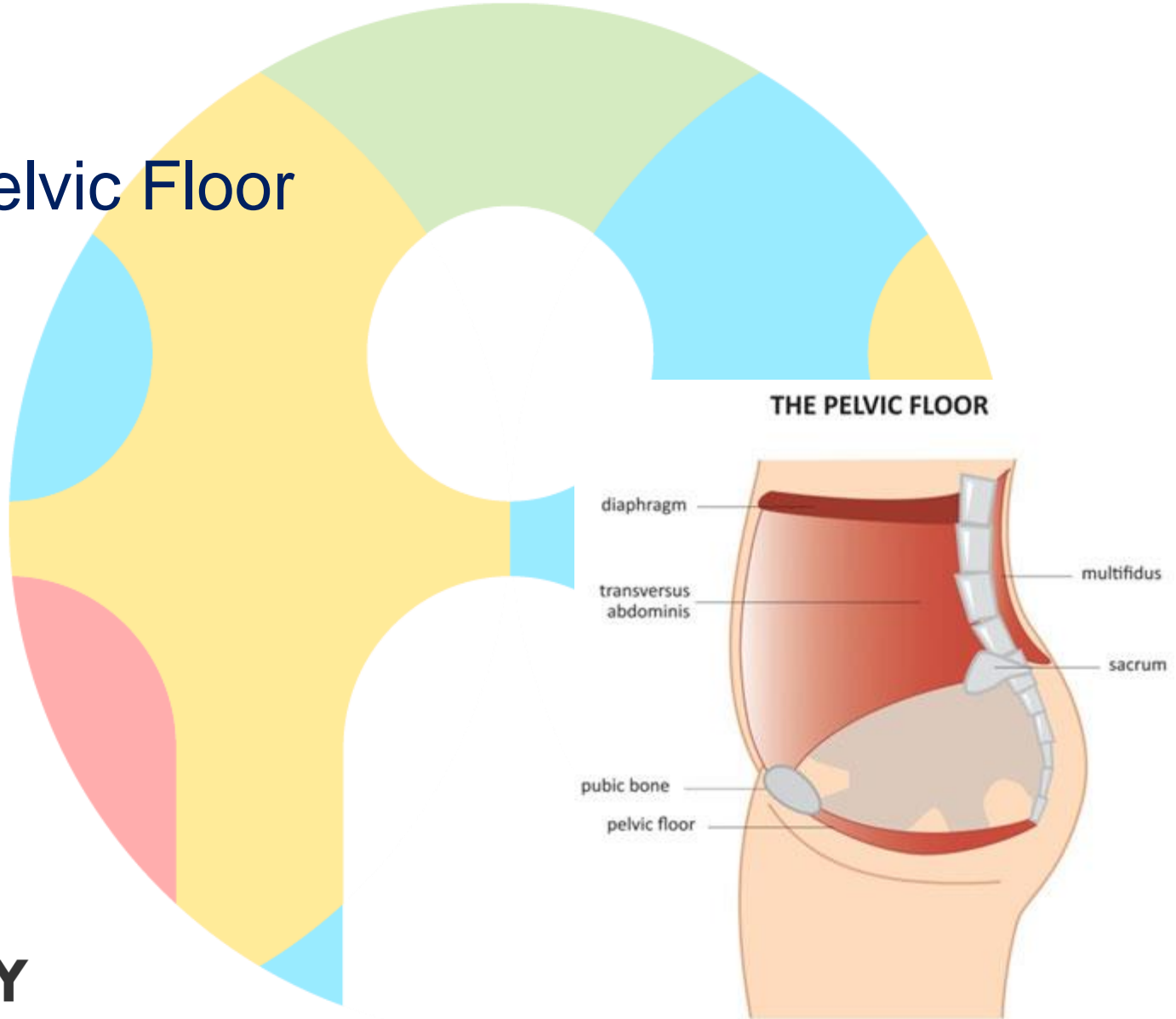
# EXERCISE CAN HELP WITH..

- Reduce the risk of co-morbidities



# EXERCISE CAN HELP WITH..

- Pelvic Floor



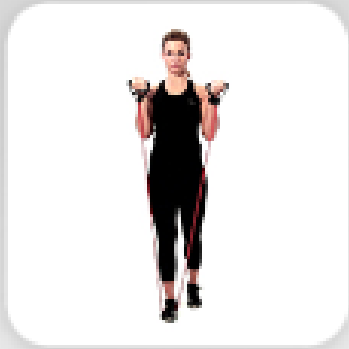
# EXERCISE CAN HELP WITH..

- Improve Quality of Life
- Improve Mood

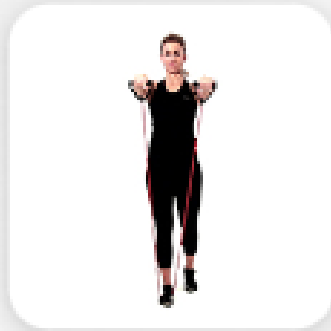




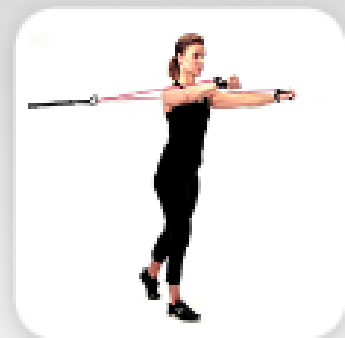
# EXAMPLE OF EXERCISES



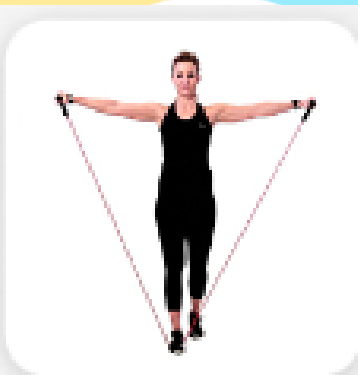
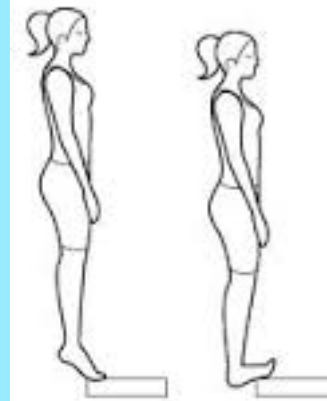
**Biceps curl**



**Front raise**



**Chestpress**



**Lateral raise**