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The Exercise Mentor For Colon Cancer: Exercises For Daily Living (The Exercise Mentor For Cancer Survivors)



Synopsis

The Exercise Mentor Series has been written to help cancer patients maintain and restore physical function that may have been lost to the cancer experience. Included are the most common cancers that are amenable to therapeutic and functional exercises as they apply to activities of daily living (ADL). With clarity and brevity in mind, all books begin with an overview of cancer and how to correctly interpret five-year survival statistics as they may apply to you. This is followed by the cancer under consideration, its stages, and common treatments for this particular cancer. Both exercise considerations and exercise goals related to the cancer, its stages, and possible side-effects of the treatment are presented. The components of an appropriate exercise program including the warmup and cooldown, stretching, aerobic exercise, strength training and related equipment are presented and explained. Strength exercises follow as they apply to that specific cancer. Accompanying illustrations demonstrate the correct positions, movement patterns and identify the major muscles involved. Variations of the exercises allow for further individualization. An extensive glossary and related links provide additional information to assist you with unfamiliar terms. While not a treatment for cancer, the exercises in the Mentor Series can play an important part in the success of your overall treatment plan.

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