

# Oncology

## Exercise Class

Thoracare Subiaco is dedicated to supporting individuals on their cancer journey by offering a supportive group exercise class.

Specifically tailored to the needs of individuals undergoing or recovering from cancer treatments, our program creates a safe environment for individuals to improve their strength, cardiovascular fitness and overall wellbeing.

Recognising the essential role of exercise in cancer care, the Oncology Society of Australia advocates for the integration of physical activity into each individual's cancer treatment plans. Exercise is both safe and beneficial during or after receiving cancer treatments. During cancer treatment, exercise can help reduce or prevent side effects of therapies, improve general wellbeing and quality of life. Post-treatment exercise can facilitate restoration of strength and improve cardiovascular fitness.

Prior to joining our group exercise class, you will have a comprehensive initial assessment from one of our skilled physiotherapists. This assessment ensures that each participant is suitable for our program and so that exercises can be personalised to the individual. Following an assessment, you will participate in the group classes which meet twice weekly under the supervision of a physiotherapist.

If you would like to join our oncology exercise class please contact reception to book an appointment on **08 9382 9600** or email [reception@thoracarephysiotherapy.com.au](mailto:reception@thoracarephysiotherapy.com.au)

### Important Information

#### Class Duration

60 minutes once or twice a week for 8-10 weeks

#### Class Size

8 to 10 participants

#### Cost

\$45 p/class  
(Health fund rebates may apply)

#### Class Timetable

Tuesday	1pm-2pm
Friday	11am-12pm

#### Health Benefits

- Improve wellbeing and quality of life
- Reduce cancer related fatigue
- Improve strength and fitness
- Maintain and build muscle mass
- Maintain bone health
- Manage pain
- Improve mental health

#### Who Can Join

- Individuals who are awaiting cancer treatment or surgery
- Individuals currently undergoing cancer treatment
- Cancer survivors looking to regain physical fitness

