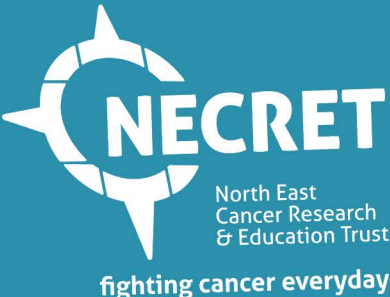




# ONCOLOGY EXERCISES

BEFORE ENGAGING IN A NEW EXERCISE PLAN PLEASE CONSULT WITH YOUR DOCTOR



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NECRET IN ASSOCIATION WITH DROGHEDA PHYSIOTHERAPY & REHABILITATION CLINIC

# WORKOUT LOWER BODY

## 1. SQUAT (ADD BAND FOR RESISTANCE)



- LEGS SHOULDER WIDTH APART
- BEND AT HIP AND KNEE
- SQUAT SLOWLY DOWN (AS IF SITTING INTO A CHAIR)
- STAND BACK UP STRAIGHT AGAIN. REPEAT 10 TIMES X 3 SETS



## 2. LUNGE (ADD HAND WEIGHTS OR BOTTLES OF WATER IN EACH HAND FOR RESISTANCE)



- LEGS SHOULDER WIDTH APART
- STEP FORWARD WITH ONE LEG,
- LOWERING YOUR HIPS UNTIL BOTH KNEES ARE BENT AT ABOUT A 90-DEGREE ANGLE.
- REPEAT BOTH SIDES

## 3. DOUBLE LEG BRIDGE



- LYING ON BACK WITH KNEES FLEXED (PICTURE A)
- PERFORM A PELVIC TILT (FLATTEN YOUR BACK TO THE GROUND).
- LIFT YOUR HIPS UPWARD OFF THE GROUND BY SQUEEZING THE GLUTEALS (BUM MUSCLES)
- HOLD AT THE TOP FOR 5 SECONDS AND THEN LOWER HIPS.
- REST FOR 10 SECOND AND REPEAT 10-12TIMES X 3 SETS.
- REMEMBER YOUR BREATHING CONTROL!

PLEASE ENSURE BOTH HIPS ARE LEVEL AT ALL TIMES AND THAT BOTH KNEES ARE NOT SHAKING OR ROLLING OUTWARDS AWAY FROM 90°

# CORE STRENGTH WORKOUT

## 1. BIRD/ DOG EXERCISE



- POSITIONED ON HANDS AND KNEES
- LIFT ONE HAND OFF THE FLOOR 2 INCHES AND THE OPPOSITE LEG 2 INCHES OFF THE FLOOR
- MAINTAIN THIS POSITION, ENGAGING CORE AND LOWER BACK FOR 10 SECS
- REPEAT ON OTHER SIDES, 10 REPS EACH SIDE X 3 SETS

## 2. PLANK



- IN THE ABOVE POSITION, SQUEEZE YOUR TUMMY AND YOUR BUTTOCK MUSCLES TIGHT
- LEANING ON YOUR ELBOWS AND YOUR THE BALL OF YOUR FOOT WITH LEGS OUT STRAIGHT BEHIND YOU,
- HOLD THIS POSITION FOR 15 SECONDS THEN SLOWLY DROP DOWN TO REST
- REPEAT 4 - 5 TIMES

TO MAKE THIS EX EASIER, BEND BOTH KNEES INSTEAD OF KEEPING LEGS OUTSTRETCHED

## 3. ROLL SIT UPS



LYING ON YOUR BACK, WITH KNEES BENT TO 45 DEGREES

- ENGAGE YOUR CORE, AND SLOWLY ROLL YOUR HEAD, THEN NECK OF THE FLOOR, SQUEEZING YOUR CORE
  - REPEAT 10 TIMES BY 3 SETS
- ROLL SIT UP WITH WEIGHT**  
(USE BAND, DUMBBELLS, OR BOTTLE OF WATER FOR RESISTANCE)
- HOLD WEIGHT IN OUTSTRETCHED HANDS
  - LIFT THIS WEIGHT UP WITH YOU AS YOU PERFORM THE ROLL SIT UP

## 4. V-SIT (PROGRESSION / ADVANCED)



- IN SAME POSITION AS TO THE LEFT, STRETCH LEGS OUT IN FRONT OF YOU
- SLOWLY REACH BOTH ARMS OUT IN FRONT OF YOU AS YOU BEGIN TO TIGHTEN YOUR TUMMY
- MUSCLES AND HOLD THIS SITTING POSITION USING YOUR CORE
- BEGIN TO GENTLY LOWER YOURSELF BACKWARDS OUT STRAIGHT AS YOUR LEGS STRAIGHTEN IN FRONT OF YOU
- KEEP YOUR ARMS CLOSE BY YOUR SIDE

- LOWER BACKWARDS USING YOUR CORE MUSCLES AS YOU GENTLY BREATHE INWARDS
- BEGIN TO PULL YOURSELF UP TALL AGAIN AS YOU EXHALE

# WEEKLY CHECKLIST

## WEEK 1

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DAY 1

AM  PM

DAY 2

AM  PM

DAY 3

AM  PM

DAY 4

AM  PM

DAY 5

AM  PM

DAY 6

AM  PM

DAY 7

AM  PM

## WEEK 2

---

DAY 1

AM  PM

DAY 2

AM  PM

DAY 3

AM  PM

DAY 4

AM  PM

DAY 5

AM  PM

DAY 6

AM  PM

DAY 7

AM  PM

## WEEK 3

---

DAY 1

AM  PM

DAY 2

AM  PM

DAY 3

AM  PM

DAY 4

AM  PM

DAY 5

AM  PM

DAY 6

AM  PM

DAY 7

AM  PM

## WEEK 4

---

DAY 1

AM  PM

DAY 2

AM  PM

DAY 3

AM  PM

DAY 4

AM  PM

DAY 5

AM  PM

DAY 6

AM  PM

DAY 7

AM  PM

WHY NOT SET UP A WEEKLY CHECKLIST TO TRACK YOUR RECOVERY LIKE ABOVE

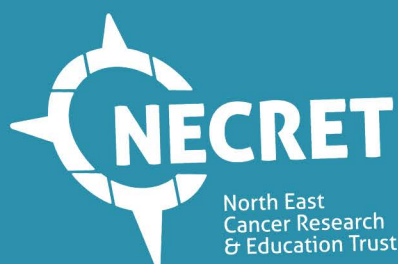
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FOR EXERCISES TUTORIALS PLEASE VISIT  
[WWW.DPRC.IE/EXERCISE](http://WWW.DPRC.IE/EXERCISE)



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