



The **PINC** Cancer Rehabilitation Program provides individualised, prescribed rehabilitation to women diagnosed with cancer; helping them heal as well as possible and to function at optimal levels through every stage of their treatment and recovery.

TAKING THE FIRST STEPS ON THE ROAD TO **RECOVERY**

The PINC Cancer Rehabilitation Program is dedicated to improving the strength, quality of life and sense of wellbeing of women diagnosed with cancer.

It is specifically designed to help maximise recovery, regain physical and emotional strength, improve body confidence and control.

The Program is delivered by certified PINC Cancer Rehab Physiotherapists across the country and provides a full range of services designed to care, support and guide women through every stage of their treatment and recovery.

"We believe every woman diagnosed with cancer should have the opportunity to heal as well as possible and function at an optimal level during all stages of treatment and recovery"

**Lou James, PINC Program Founder and
Trustee of the PINC & STEEL Cancer
Rehabilitation Trust**

WHAT THE **PINC** **PROGRAM** AIMS TO DO FOR YOU

- Optimise physical and functional recovery
- Ease pain and muscular tension
- Help regain strength and mobility
- Increase energy levels and improve breathing
- Strengthen core muscles and improve posture
- Improve physical functioning and maintain independence
- Reclaim body confidence and control
- Reduce treatment related side effects
- Shift focus from illness to wellness

It is suitable after any type of cancer surgery or treatment and accommodates all ages, fitness levels and mobility.

LEARN TO LIVE WELL

The PINC Cancer Rehab Physiotherapists assess each patient individually for physical impairments and the effects of their treatment. They then work with each patient to create a rehabilitation program to suit their particular stage in recovery.

The sessions can include a combination of services including: Manual physiotherapy, graduated resistance training, individualised clinical pilates, fatigue management and exercise prescription.

Your PINC Cancer Rehab Physiotherapist will help guide, support and encourage you through each phase of your treatment and recovery. They will teach you what you can do to get stronger again and help you understand why your body is reacting to the treatments in certain ways. They will provide information to help you feel more in control of your body and life again.

WHY IS PRESCRIBED REHABILITATION AND EXERCISE IMPORTANT FOR PEOPLE DURING AND AFTER CANCER TREATMENTS?

Research shows that remaining physically active is a very important component in your recovery from cancer and the effects of its treatment.

Treatments for cancer typically include surgery, chemotherapy, radiation therapy and endocrine therapies. The effects of these treatments commonly cause many patients to develop unwanted side effects which can lead to significant negative impacts on quality of life.



"Cancer patients would be shocked if they knew just how much of a benefit physical activity could have on their recovery and long term health, in some cases reducing the chances of having to go through the gruelling ordeal of treatment all over again."

**Prof Rod MacLeod, Senior Staff Specialist
Hammond Care and Conjoint Professor in
Palliative Care at University of Sydney**

Your PINC Cancer Rehab Physiotherapist can help guide and support you safely back to exercise.

PINC REPRESENTS

- P** = Physiotherapists that deliver the program
- I** = Individualised prescribed sessions
- N** = Nurturing to reclaim quality of life
- C** = Cancer Rehabilitation



"Many women we look after, tell us that during the process of diagnosis and treatment they have a terrible feeling of loss of control. The PINC Program can help women gain a sense of control back. One woman recently described her PINC Physio as like having a coach in her corner guiding, supporting and helping her through each week of her chemo."

Everyone needs someone in their corner that understands the physical and emotional impact of cancer treatment"

**Founder PINC Program,
Physiotherapist Lou James**



'I found the program invaluable for many reasons: firstly it got me over the physical problems I had following the surgery. Also, it gave me so much positive input at a time when everything else was hard work, it was always something I looked forward to. Twelve months after my final chemo treatment I have run my first half marathon and feel on top of the world.'

**Judith Ansell, breast cancer survivor,
Great Wall of China Half Marathon
runner 2010**