

Solid Tumors AND Physical Activity

■ In Childhood Cancer ■

Brain and other central system tumors are the most common type of solid tumours in childhood cancer

Soft tissue tumors and bone tumors are also common types of pediatric cancer

Treatment can include:

- 1) Chemotherapy
- 2) Radiation
- 3) Surgery

Additional factors to consider with bone tumors regarding physical activity:

- impact of surgical interventions
ex: partial weight bearing activity
- ex: extra recovery time following surgery



Physical Activity



The research shows that PA is beneficial for children with solid tumours



Physical Activity Recommendations:

- 60 minute or more PA every day
 - focus on aerobic activity
 - also include muscle & bone strengthening activity
- Consult health team for specific guidelines



Physical Activity Tips:

- reduce risk of falls
- limit weight bearing
- be aware of surgical procedures
- engage in cardiovascular, strength, coordination & flexibility training



Did you know

The greatest activity limitations result from the effects of surgery

Physical activity is almost always possible through movement

Refer to Ch 9 in the POEM Manual for additional information & specific physical activity recommendations