



bladder
CANCER



TEN HEALTH & FITNESS

20 Minute

Home Chair Based Exercise Programme



CHAIR BASED EXERCISE

Doing exercises in the booklet at least three times a week will help improve your stamina, strength, flexibility and contribute towards the governments recommended weekly exercise goal of 150 minutes moderate intensity physical activity. Taking a daily walk can help keep you strong and walk steadily, reducing the risk of falls.

Chair based exercise is a great way. There is a generally linear association between meeting the physical activity guidelines and quality of life in cancer survivors (Kirvinen et al, 2007).

Mechanisms through which exercise may influence physical and functional quality of life in bladder cancer survivors include improved aerobic fitness, muscular strength, range of motion, balance, body composition, self-esteem, body image, functional ability and comorbidity profile (Kirvinen et al, 2007).

Whether you are pre-operative, during treatment and post-operative state the exercises are suitable at all levels.

SAFETY

Ensure the chair you have is sturdy and stable (a swivel office chair is too unstable), preferably with armrests. When you sit in the chair your thighs should be parallel to the floor. Wear comfortable clothes and supportive footwear that you are happy to exercise in.

Clear the space around your chair (about 2m²) of any objects that might get in the way during the exercise session and prepare a glass of water ready before you start.

Please do not take part if you experience any of the following:

- **Recent dizziness or fainting**
- **Bleeding from any source**
- **Chest, arm or jaw pain**
- **Irregular heart beat**
- **Nausea/vomiting/diarrhoea**
- **Unusual sudden muscular weakness**
- **Persistent headaches**
- **Discontinuation of chemotherapy that week due to low blood count**
- **Fever or infection**



If you experience this whilst exercising stop immediately and contact your GP. If the feelings persist making you feel unwell and do not go away when you stop exercising, call an ambulance.

However feeling your muscles working and slight soreness the next day after exercise is normal and shows the exercise is working.










If you are using this booklet without attending a supervised exercise session, consult your GP to check it is suitable for you.



RATING OF PERCEIVED EXERTION (RPE) 6–20 BORG SCALE

The Borg Rating of Perceived Exertion (RPE) is a subjective tool for measuring an individual's effort and exertion, breathlessness and fatigue during physical work. It is based on the physical sensations a person experiences during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue. The exertion rating provides a fairly good estimate of your actual heart rate during physical activity.

During this chair based exercise programme we would like your RPE to get no higher than 14 (12–14 RPE is 'moderate level' intensity) on the scale below where you may experience a little breathlessness that occurs with physical exertion as your heart rate has to increase to match the workload (movement that you're doing). Self-monitoring how hard your body is working can help you adjust the intensity of the activity by speeding up or slowing down your movements.

RATING	DESCRIPTION OF EXERTION	
6	No exertion	
7	Very, very light	
8		
9	Very Light	
10		
11	Fairly light	
12		
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	
18		
19	Very very hard	
20	Maximal exertion	

WARM-UP EXERCISES

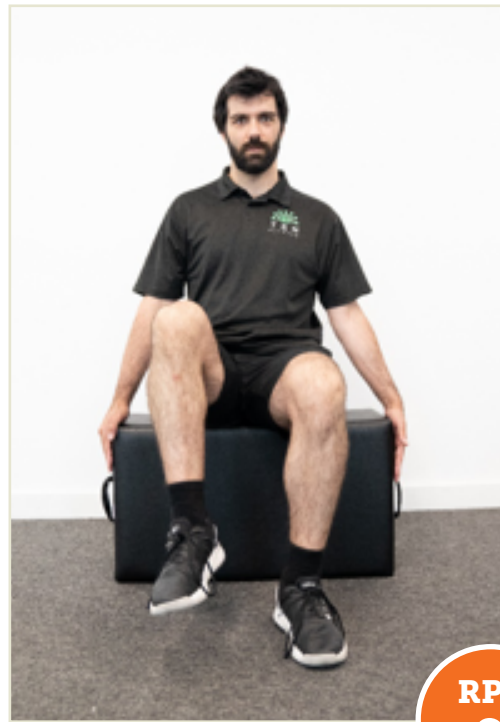
Always begin with a warm up to prepare your body for the main exercise.

When you start moving, the blood supply to the heart muscle needs a few minutes to reach optimal blood flow.

Seated march

1. Sit tall on the chair, holding on to the arm rest for support if you would like to.
2. Lift your left foot 2/3 inches off of the floor so the back part of your thigh is lifted off of the chair.
3. Gently place the foot back onto the floor and repeat on the right leg.
4. March with control and build to a rhythm that is comfortable for you where your RPE is moving towards 9.
5. Continue for 1–2 minutes.

TIP: This exercise helps prepare the body for movement by warming up the legs and strengthening the hip flexors.



RPE
9

Pelvic flood holds – short and fast squeezes

1. Sit tall on the chair with an upright posture.
2. Long squeezes – tighten your pelvic floor muscles, hold them tight then release and let them fully relax.
3. Repeat the squeeze and hold until the pelvic floor muscles tire.
4. Short squeeze- tighten your pelvic floor muscles then immediately let me go again. Always let the muscles fully relax after each squeeze.
5. Aims to be able to do 10 long squeezes, holding each squeeze for 10 seconds, followed by 10 short squeezes.

How to tighten your pelvic floor:

Relaxing the legs, bum cheeks and abdominals:

- Tighten your back passage as if you are trying to hold in wind
- At the same time, use the same muscles that you would use to stop yourself urinating mid-flow
- Make sure to not hold your breath.

TIP: You should work until the muscles tire and do the exercises regularly to help the muscles become stronger and more effective. Repeating these exercises at least 3 times each day and building up the routine gradually over weeks.

RPE
7

Transverse abdominis holds

1. Sit tall on the chair with an upright posture.
2. Place your fingers below your hips bones.
3. Draw your bellybutton back and up towards your heart.
4. You should feel a contraction underneath your fingers. Make sure you keep breathing when you're holding your bellybutton in and out so you don't put constant pressure on your muscles.
5. Hold the move for 5 seconds then repeat 5 times.

Helpful tip:

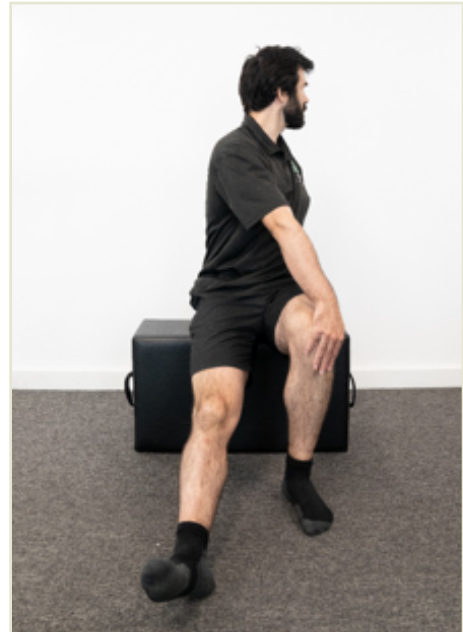
Find the pointy part of your hip at the front, move in an inch towards your belly button and down an inch towards your underwear line – cough... this will make you aware of the muscles you are trying to contract.

TIP: Work your way up to holding the move for 10 seconds and aims to do 3–5 sets throughout the day.

RPE
7

Alternate leg heel digs with rotation

1. Sit tall on the chair, holding on to the arm rest for support if you would like to.
2. Lift your left foot 2/3 inches off of the floor so the back part of your thigh is lifted off of the chair.
3. As your left foot moves out place the heel on the floor, the right foot remains planted on the ground.
4. As the heel is placed on the ground, try to pull your toe towards your shin.
5. Place your left hand on top of your right as you twist through the spine to look over your right shoulder.
6. Repeat on the right side, this time looking over your left shoulder.
7. Continue for 1–2 minutes.



TIP: This exercise helps prepare the body for movement by warming up the legs and thoracic spine (mid-section of the back). Develop and maintain flexibility in the upper back.

RPE
9

Alternate leg heel digs with single arm across body tap

1. Sit tall on the chair, holding on to the arm rest for support if you would like to.
2. Lift your left foot 2/3 inches off of the floor so the back part of your thigh is lifted off of the chair.
3. Raise your right hand diagonally with the elbow bent and touch your left shoulder.
4. Simultaneously extend your left leg and plant heel on the ground (like the exercise above).
5. Return your right hand to the arm of the chair or your lap and your left leg to a relaxed position.
6. Repeat motion, this time using your left hand to touch your right shoulder, while extending your right leg.
7. Continue for 1–2 minutes.



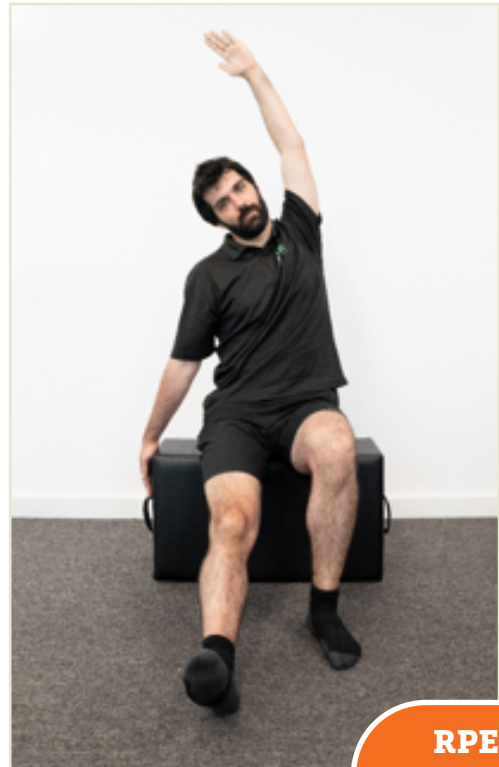
TIP: This exercise helps prepare the body for movement and improves hand-eye coordination and boosts circulation.

RPE
9

Alternate leg heel digs with single arm rainbow

1. Sit tall on the chair with your feet hip width apart, resting your hands on your hips.
2. Lift your left foot 2/3 inches off of the floor so the back part of your thigh is lifted off of the chair.
3. Raise your right arm straight overhead like you are reaching up to the corner of the ceiling.
4. Simultaneously extend your left leg and plant heel on the ground (like the exercise above).
5. Return your right hand to the arm of the chair or your lap and your left leg to a relaxed position.
6. Repeat motion, this time using your left hand to touch your right shoulder, while extending your right leg.

TIP: This exercise helps prepare the body for movement, improves hand-eye coordination and builds shoulder strength.

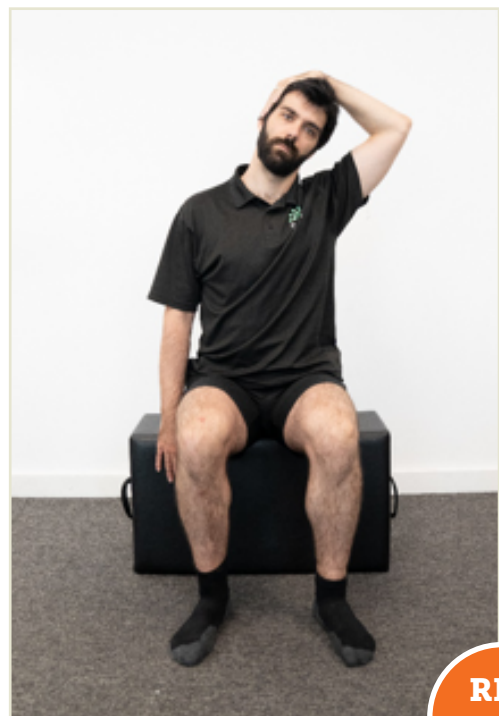


RPE
10–12

Neck flexor stretch

1. Reach your left hand over your head and place it onto your right ear.
2. Gently guide your left ear down towards your left shoulder where you should feel a stretch on the right-hand side of your neck.
3. Repeat on other side.

TIP: This exercise helps to stretch the neck flexor muscles and relieve any tension help in the upper trapezius muscle (muscles of the upper back).

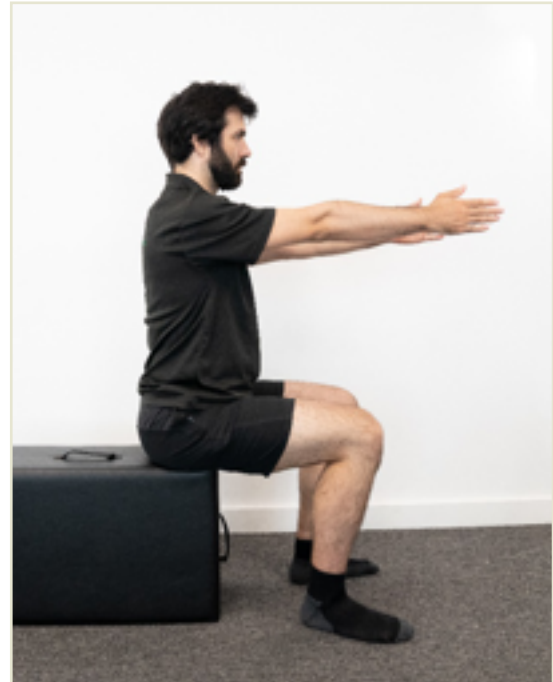


RPE
9

Seated roll back with overhead reach

1. Sit on the edge of your chair with your feet flat onto the floor and hip width apart.
2. Tuck your tail bone/pelvis under (the opposite of arching your lower back).
3. Keeping the back straight, exhale and start to lean back until you feel your abdominals "wake-up".
4. Make sure your lower back does not arch and the pelvis stays tucked under.
5. Exhale and use your abdominals to find your restart position.

TIP: This exercise helps to strengthen the abdominal muscles.



RPE
10-12

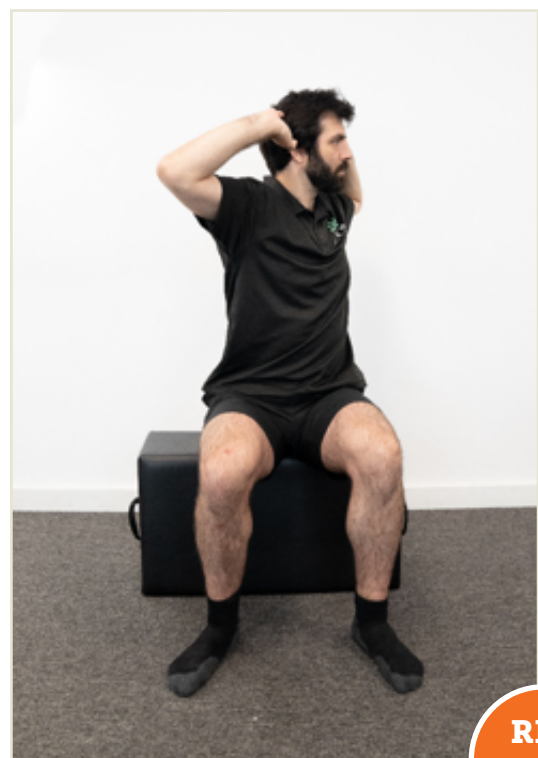
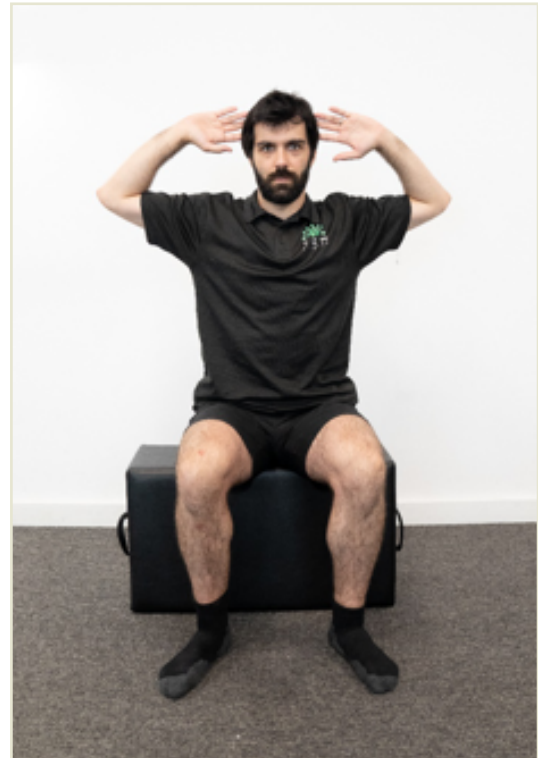
MOBILITY EXERCISES

Mobility training can improve the range of motion of our joints and muscles. It can assist in improving our posture. Mobility training can alleviate 'everyday' aches and pains as well as improve our body awareness.

Seated thoracic mobility

1. Sit tall on the chair with your fingertips touching your temples and your chest open.
2. As you breathe out, twist to the right side, turning your chest and shoulders with you, trying to keep your hips stable.
3. Breathe in as you come back to centre, breathe out as you twist to the left.
4. Repeat for 60 seconds.
5. Imagine you now have a sheet of glass touching the front and back of your body – so you can only move left and right.
6. As you breathe out drive your elbow down to the floor, maintaining an upright posture.
7. Breathe in as you come back to centre, breathe out as you bent to the other side.
8. Repeat for 60 seconds.

TIP: This is very important for achieving good posture to ensure you don't get pain from poor posture, and it is also essential every day movement.

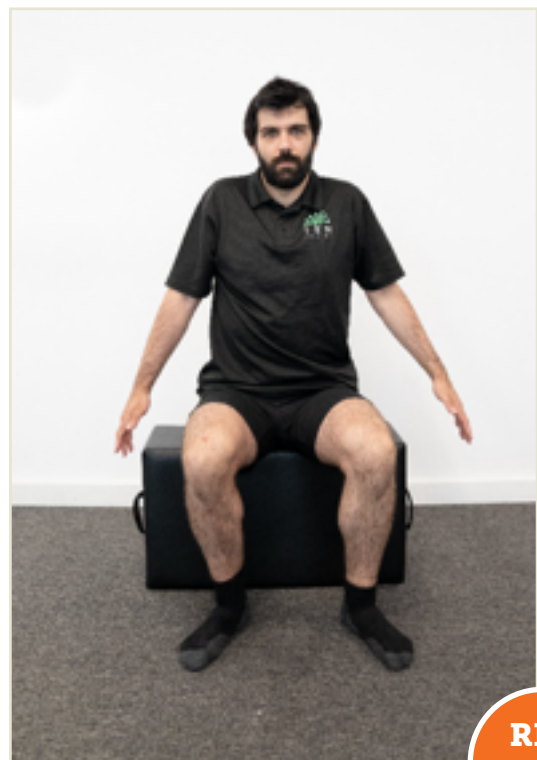


RPE
8/9

Seated shoulder circles and reverse

1. Sit tall on the chair with your arms long at your sides.
2. Lift both shoulders up to your ears, draw them back then press them down, drawing a big circles with your shoulders.
3. Repeat 5 times with a backwards circles and 5 times with a forwards circles.

TIP: This exercise helps reduce neck and shoulder tension by improving neck mobility and flexibility.

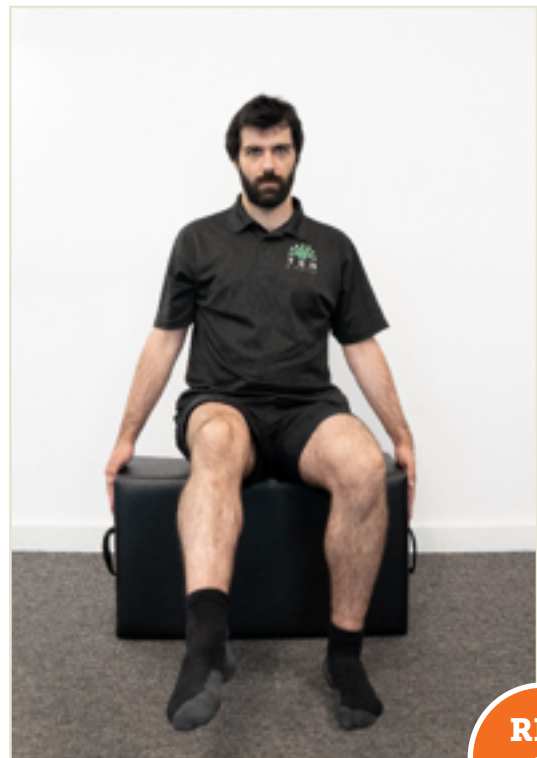
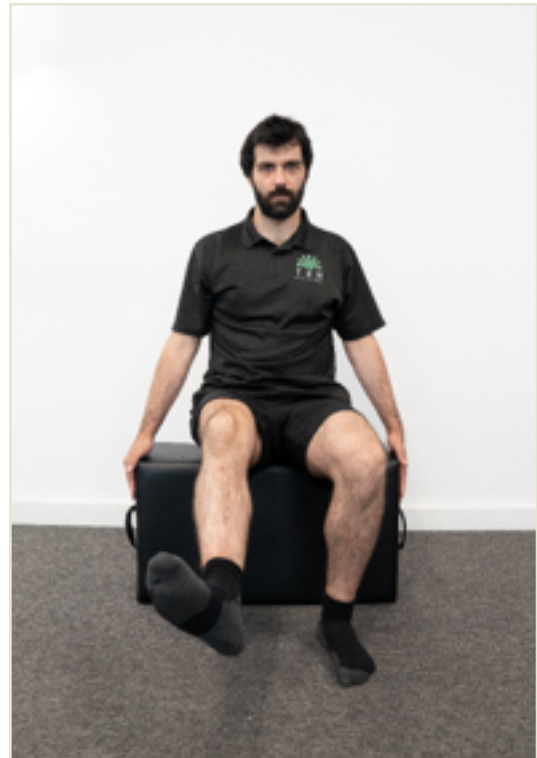


RPE
9

Seated ankle circles and reverse

1. Sit tall on the chair, holding on to the arm rest for support if you would like to.
2. Lift your left foot 1–2 inches off of the floor so the front part of your thigh is lifted off of the chair.
3. Gently draw circles 5 times clockwise and 5 times anticlockwise with your ankle like you are stirring a big pot with your foot.
4. Place the foot back onto the floor and repeat on the right leg.

TIP: This exercise helps to loosen ankles.



RPE
9

Seated/standing marching calf raises

1. Sit tall on the chair, feet hip width apart, holding on to the arm rest for support if you would like to.
2. Raise one heel off of the floor so just your tip toe is in contact with the floor.
3. Place your heel back down and repeat on the other leg.
4. Continue in the marching pattern for 30 seconds.
5. A progression is to stand next to your chair – resting your hand on the chair for support and continue with these marching calf raises standing.



TIP: This exercise helps to strengthen the calf muscles (gastrocnemius and soleus) and improve ankle mobility (flexion and extension).

RPE
9

Seated/standing hamstring curls

1. Sit tall on the chair, feet hip width apart, holding on to the arm rest for support if you would like to.
2. Lift your left foot 2/3 inches off of the floor so the back part of your thigh is lifted off of the chair.
3. Slowly extend your left leg like you are going to kick a football straight in front of you, keeping your thigh parallel to the ground.
4. Slowly bent your left knee and place your foot back on the floor.
5. A progression is to stand next to your chair – resting your hand on the chair for support and continue with these hamstring curls but bringing your heel towards your bottom.
6. Complete 12–15 repetitions. Repeat with the right leg.

TIP: This exercise helps to strengthen the hamstring muscles and improve knee mobility. Try to drive the heel of the foot as close to the bum as possible (cramping sensations are normal).

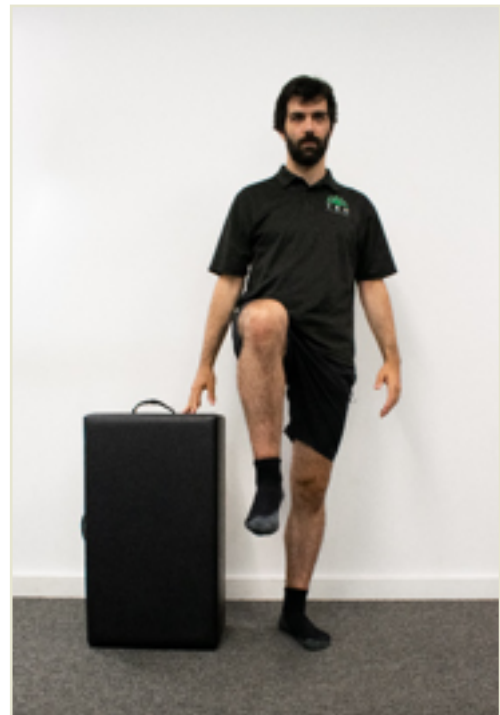


RPE
11/12

Standing open the gate

1. Stand next to your chair – resting your hand on the chair for support.
2. Keeping the knee bent to 90 degrees, lift the knee towards the chest.
3. Keeping the knee at the same level, take the knee away from your chest.
4. Place the foot back onto the floor.
5. You should feel a stretch into your groin area.

TIP: This exercise helps to improve hip mobility and ensure a healthy joint range of motion. Avoid any pinching sensations (decrease the range of motion if you experience any).



RPE
9/10

CARDIOVASCULAR EXERCISES

Cardio training can provide several benefits. Cardio helps increase the strength of your heart and lungs, help you improve your endurance during workouts and improve sleep quality.

Lateral step out and punch across

1. Sit tall on the chair with your feet hip width apart and your fists clenched, elbows bent and hands next to your chin in a 'boxing guard'.
2. Step your right leg out wide keeping the leg straight and punch the right arm across your body – rotating from the torso if possible.

TIP: Try to rotate through the midback and torso.

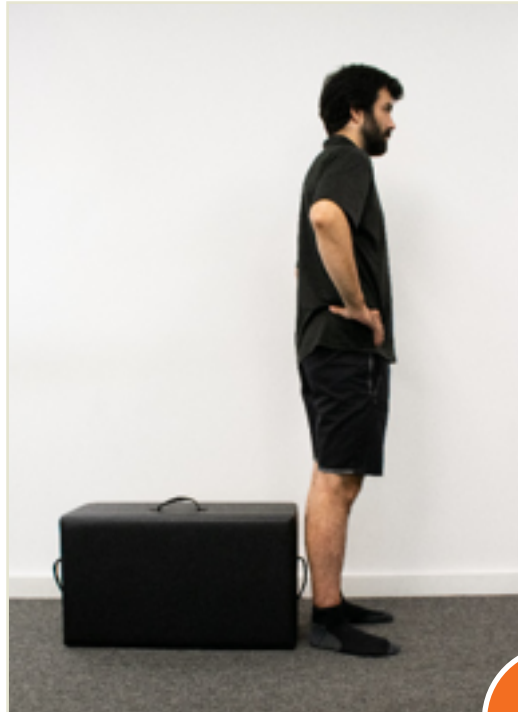


RPE
11/12

Sit to stand

1. Start in a seated position with your knees bent, feet flat and feet hip width apart.
2. Using the arms of the chair for support – press your legs through the ground and stand yourself up.
3. Stick your bum out and then bend the knees to return down to the chair in your start position (use your arms for support).
4. Progression: hands remain on hips for the exercise.

TIP: Start with a stable chair or something higher than the box in the picture. When comfortable, feel free to sit onto a lower stable surface.



RPE
13/14

Standing sumo squat

1. Stand with your feet wider than hip width apart (the picture indicates the minimum distance the feet would be apart, wider is completely fine!) with your toes pointing out to 45 degrees or "10 and 2 on a clock".
2. Keeping the torso upright, bend your knees as if you were sitting down.
3. Press your feet through the floor to stand back up to your starting position.

TIP: Start with a shallow depth and work towards a parallel squat.



RPE
11/12

Single leg abducted kick and kickback

1. With the chair next to you, place one hand on the chair for support and transfer your body weight onto one leg.
2. Squeezing your bum, slowly kick your free leg away from your midline (abduction).



1. Standing with both hands on the chair (chair in front of you) transfer your body weight onto one leg.
2. Squeezing your bum, slowly kick your leg behind you without allowing the back to arch.

TIP: Try to minimise the weight shift of your upper body.



RPE
10/11

References

Karvinen, K.H., Courneya, K.S., North, S. and Venner, P., 2007. Associations between exercise and quality of life in bladder cancer survivors: a population-based study. *Cancer Epidemiology and Prevention Biomarkers*, 16(5), pp.984–990.