

SPARC Breast Cancer Rehabilitation



SPARC (Specialised Programs for Adults Recovering from Cancer) is the result of an exciting collaboration between My Physio and SMICS (Southern Melbourne Integrated Cancer Service), to assist women to return to safe, healthy and active lifestyles, following breast cancer treatment. Breast cancer treatment can lead to:

- Increased fatigue
- Arm and shoulder problems
- Cardiovascular damage or increased risk of disease
- Neurological or hormonal changes
- Impaired immune system function

Goals and Benefits of the Program

This innovative program aims to assist in countering these treatment effects. Extensive research into the impact of aerobic and strengthening exercise for breast cancer survivors shows that exercise is **safe** after treatment, and can lead to improvements in:

- Aerobic capacity
- Flexibility
- Muscle strength
- Quality of life
- Fatigue levels
- Physical function

It may also lead to improvements in body image, depression and anxiety symptoms, bone health and immune function.

SPARC Overview

The American College of Sports Medicine recommends exercise following breast cancer treatment be commenced in a supervised program of at least 16 sessions, commencing with very low resistance and progressing at small increments. This recommendation is reflected in the structure of the SPARC Breast Cancer Rehabilitation Program, which consists of **2 one hour sessions per week**, over an **8 week** period. The SPARC program is led by a Physiotherapist and an Exercise Physiologist. The core elements of our program include:

- **9 Exercise Physiology** sessions that will focus on a graduated cardiovascular fitness and strengthening program.
- 4 Physiotherapist led **Clinical Pilates** sessions utilising the reformer and trapeze table apparatus, focusing on postural correction, core stability, shoulder and general strength and flexibility.
- **2 Hydrotherapy** sessions that will teach participants a program they can continue independently.
- A **Dietitian** led nutritional education session.
- An individualised **home exercise program** that reinforces the flexibility and strength focus of the group sessions, tailored to your specific needs.

Where and When

Launching in October 2014, the SPARC program will be conducted from the rooms of My Physio GESAC, located on the ground floor of Glen Eira Sports and Aquatic Centre (GESAC) in Bentleigh East. Participants will require a medical clearance before entering the SPARC Breast Cancer Rehabilitation Program, and before commencing the group classes each participant will also require a one hour physiotherapy consultation.

What to Wear and Bring

For Pilates and Exercise Physiology sessions, wear comfortable clothing that you would exercise in, and runners (grip socks for the Clinical Pilates sessions are recommended and are available for purchase for \$5). Bring a hand towel and water bottle to these sessions. For the hydrotherapy sessions wear appropriate bathers, rash top, t-shirt or shorts (whatever you feel comfortable in) and bring thongs and a towel.

Post Course Exercise Opportunities

Following completion of the 8 week SPARC Program, participants will have the opportunity to pursue a range of ongoing exercise options, tailored to their needs and interests.

Further Information

For more information on the SPARC Breast Cancer Rehabilitation program call the My Physio GESAC reception on 9570 7181 or freecall 1800 My Physio, drop in to the My Physio reception at GESAC, or check our website for updates.



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