

# Supportive Rehabilitation-Plan of the Euregionalen comprehensive Cancer Center Aachen



Dear patients,

that you can help yourself to recover again as soon as possible, we have created a specially designed rehabilitation plan for you, because:

"Sport is healthy and promotes regeneration!"

However, this sentence must be adapted individually. Our doctors, physiotherapists and nursing staff take into account your current general condition, pre-existing conditions and the current clinical situation, so that suitable exercises for improving your current state of health can be selected.

Please note the information below and if you have any questions or need help, feel free to contact us.

We wish you a good recovery!

## **Important instructions:**

- The exercises shown should all be done in a pain-free situation.
- Only do the exercises that are possible for you.
- The training intensity depends on the general condition.
- If possible, the training plan should be completed at least 3 times a day.
- During the exercises, attention should be paid to free breathing.

Name: \_\_\_\_\_

Start of the exercise-plan: \_\_\_\_\_

Date of birth: \_\_\_\_\_

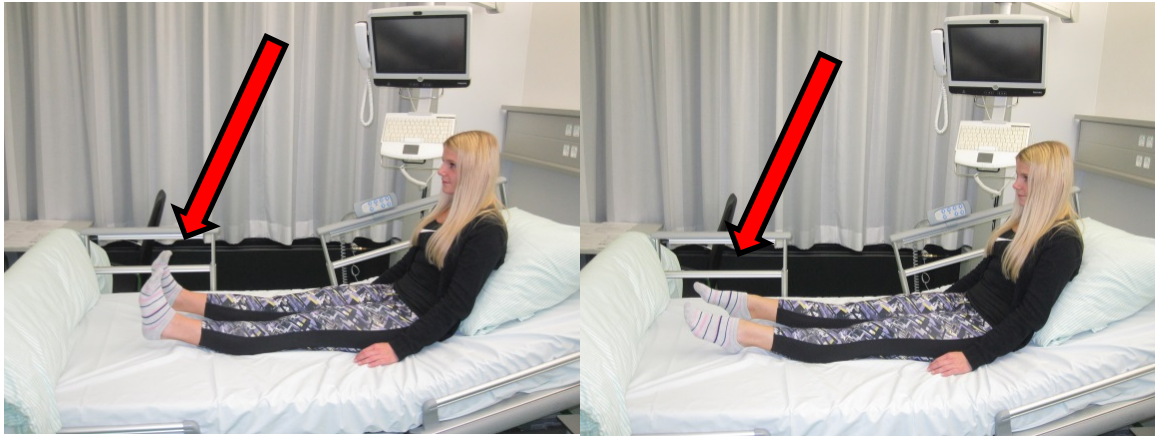
### Exercise 1: Closing fist



Starting position: supine or sitting

- Close actively your fists and then open your hands again.
- 10x fist and 10x opening both hands.

### Exercise 2: Thrombosis prophylaxis



Starting position: supine position

- Legs stretched, with both feet first pull the toes as far as possible in the direction of your nose and then powerfully stretch the feet again. Carry out this movement as far as possible!
- 10x practice sessions.

### Exercise 3: Pyramid



Starting position: supine position

- Arms are stretched sideways from the body and then brought together slowly in front of the chest.
- Bring the arms/hands together 10x.

### Exercise 4: Angel



Starting position: supine position

- Both arms are at the side of the body and are then slowly guided under tension up and down again.
- Guide the arms 10x each upwards.

## Your success journal

The exercises should be done 3 times a day. For each exercise you have mastered, place a tick in the appropriate box. During the walks, please enter the time in minutes. Good luck and get well soon!

<b>Name:</b>											<b>DofB:</b>										
<b>Study-ID:</b>																					
	For example: evening → midday → morning →	x	x	x	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10								
Exercise 1		x	x	x																	
Exercise 2		x	x	x																	
Exercise 3		x		x																	
Exercise 4				x																	
Walking		5		35																	
	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20											
Exercise 1																					
Exercise 2																					
Exercise 3																					
Exercise 4																					
Walking																					
	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30											
Exercise 1																					
Exercise 2																					
Exercise 3																					
Exercise 4																					
Walking																					

**If you develop complaints during exercise, please contact the treating physiotherapist or doctor.**

**For me, the following complaints have occurred in the exercise:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Contact person:**

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