

# 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: \_\_\_\_\_

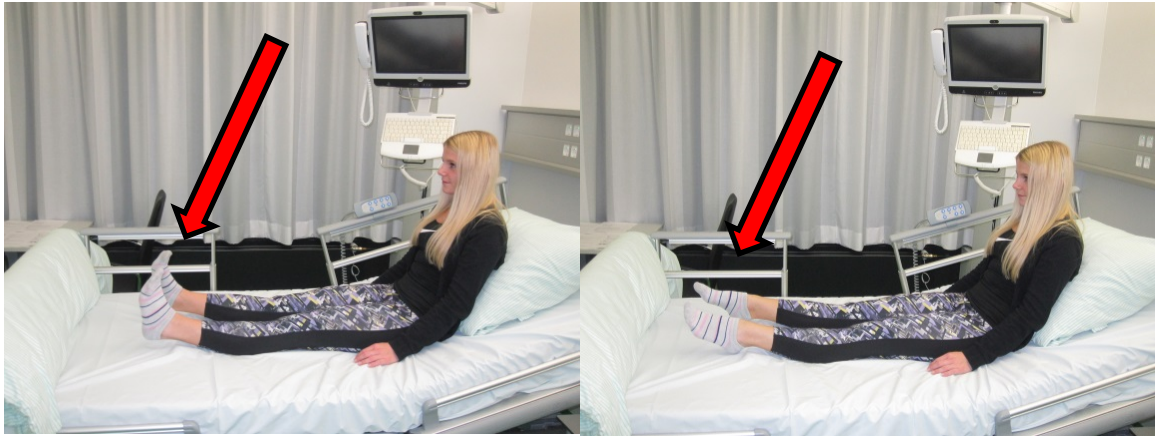
### **Exercise 1: Closing fist**



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: Leg pull



Starting position: supine position

- Slowly tighten and stretch both legs; the heels touch the bed.
- Alternative: wear only one leg at a time and then perform the exercise alternately.
- Tighten and stretch the legs 10 times.

## Exercise 5: Leg's open and closed



Starting position: supine position

- Stretch legs, tiptoe and then slowly push and reconnect legs.
- Slowly press the legs 10x outwards and bring them together again.

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		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	x								
Exercise 4	x		x								
Exercise 5			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											
Exercise 5											
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										
Exercise 5										
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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