

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

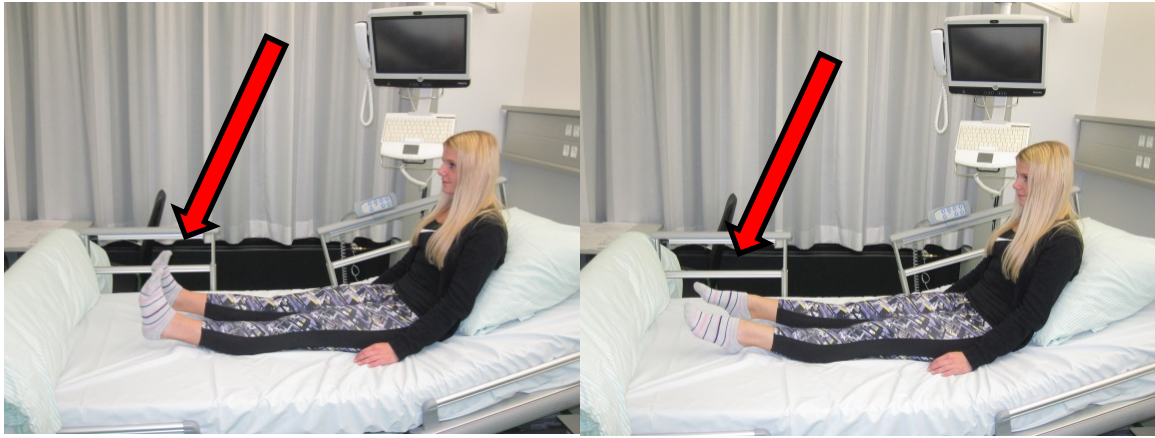
### **Exercise 1: Closing fist**



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: Full body strength**



Starting position: supine position

- Legs are stretched, knees slightly bent, arms are next to the body.
- Pull the back of the foot strongly to the nose and bend the knees slightly. Also pull the back of your hands strongly towards the nose.
- Press both feet and hands vigorously against an imaginary wall. There must be no movement in the body but only strong tension in the body.
- Hold 5 passes and 10 seconds each, with 1 minute pause in between.

### **Exercise 4: 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 5: 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.

## Exercise 6: 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 7: 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.

### **Exercise 8: Hip roll**



Starting position: supine position

- Start both legs one after the other.
- Slowly roll off both knees on the same side.
- Roll 10x per side.

### **Exercise 9: Bridging**



Starting position: supine position

- Pull both legs to your pelvis, increasing the pressure under the entire sole of the foot.
- Slowly lift the pelvis and hold in this position for 3 seconds; then slowly lay down the pelvis again.
- Lift 10x and hold for 3 seconds.

### **Exercise 10: Seated knee tucks**



Starting position: Slightly upright seat in bed, hands supported laterally behind the pelvis, legs extended and tiptoe to the nose

- slowly tighten and stretch legs and toes (support with the verses on the bed is allowed)
- Tighten and stretch 10 times.

### Exercise 11: Hands via knees



Starting position: supine position, legs adjusted, pressure with the soles of the feet in the mattress

- Lift the upper body slowly upwards and touch the knees sideways with your hands.
- Lift 10x.

### Exercise 12: Long bridge



Starting position: supine, legs adjusted

- increase pressure under the soles of the feet and lift the pelvis off the ground; alternately stretch your legs slowly.
- Stretch the legs slowly 10x each side.

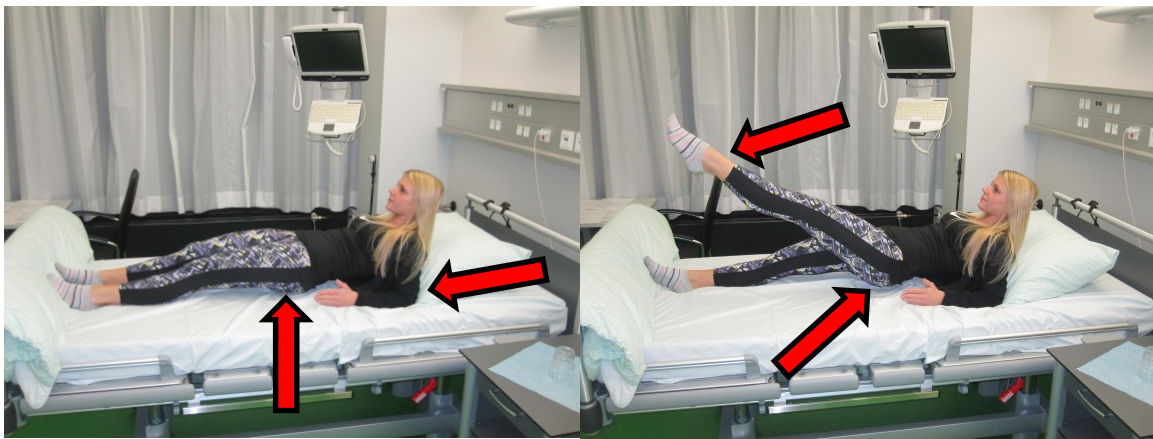
### **Exercise 13: Balance**



Starting position: Stand

- Slowly lift both legs alternately up to 90 °, hold for 3 seconds and lower slowly (standing at the end of the bed to hold on to it in case of an emergency).
- Ankle the knee 10 times per side.

### **Exercise 14: Tension**



Starting position: supine, elbows under the shoulders, forearms resting on the bed

- Lift your body from the bed.
- As an increase, lift your legs alternately stretched.
- Hold for 10 seconds at the top.



## 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 →	For example: 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	x								
Exercise 4	x	x	x								
Exercise 5	x	x	x								
Exercise 6	x	x	x								
Exercise 7	x	x	x								
Exercise 8	x	x	x								
Exercise 9		x	x								
Exercise 10		x	x								
Exercise 11		x	x								
Exercise 12		x	x								
Exercise 13		x									
Exercise 14		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											
Exercise 6											
Exercise 7											
Exercise 8											
Exercise 9											
Exercise 10											
Exercise 11											
Exercise 12											
Exercise 13											
Exercise 14											
Walking											
	Day 21	Day	Day	Day	Day	Day	Day	Day	Day	Day	

		22	23	24	25	26	27	28	29	30
Exercise 1										
Exercise 2										
Exercise 3										
Exercise 4										
Exercise 5										
Exercise 6										
Exercise 7										
Exercise 8										
Exercise 9										
Exercise 10										
Exercise 11										
Exercise 12										
Exercise 13										
Exercise 14										
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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