

iCare: Cancer Exercise Rehabilitation Study

Cancer Survivors, We Need You!

REHAB Hospital of the Pacific, Hawaii's only premier, acute-care rehabilitation hospital, and the University of Hawai'i Kinesiology and Rehabilitation Science Department are collaborating in a study to show how exercise diminishes the toxic effects associated with cancer therapies. With your help, we can study how cancer exercise rehabilitation improves the health, fitness and quality of life for cancer patients.



BENEFITS

- Sessions are FREE!
- 12 weeks of personalized training sessions (90 minutes each) with professional Kinesiology students (3x/week)
- Have fun while getting fit to fight cancer! (Optional: Participants may opt out of exercise training and elect to perform fitness test only)

REQUIREMENTS

- Must be 18-years of age or older
- A medical history with a diagnosis of any type of cancer with past, current or scheduled medical intervention (i.e. surgery for tumor removal, chemotherapy, radiation therapy, immunotherapy)
- Clearance from your medical oncologist to participate

FITNESS TESTS & MEASUREMENTS

Physical fitness and health testing will take approximately 3 hours for the initial and exit assessments, which includes:

- Vitals (blood pressure, HR, O₂ saturation)
- Body composition & circumference measurements
- Pulmonary function
- Cardiorespiratory fitness training (treadmill)
- Muscular strength & muscular endurance
- Flexibility
- Quality of life and other related assessments

HOW TO APPLY: ***Ongoing Enrollment***

Option 1 Scan QR Code



Option 2 Submit a registration form: <http://bit.ly/CancerExerciseStudy1>



Option 3 Call one of our Program Directors: **Cheri Teranishi-Hashimoto, DPT, MSPT, MS** Women's Health & Cancer Rehabilitation Program Director Ph: (808) 566-3428 Email: cheri.teranishi@rehabhospital.org **Paulette Yamada, PhD** Assistant Professor Kinesiology & Rehabilitation Science, UH Manoa Ph: (808) 956-3638 Email: pyamada@hawaii.edu

