



The Healing Power Of Movement: How To Benefit From Physical Activity During Your Cancer Treatment

Lisa Hoffman, Alison Freeland

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Recent clinical studies show that exercise rather than rest may be the best therapy for someone undergoing cancer treatments. The Healing Power of Movement addresses this significant shift in care recommendations and clearly illustrates fifty specific exercises—from simply sitting up or moving in bed to walking or lifting light weights—for different stages of cancer treatments, and for many different types of cancers. Written in consultation with a leading oncologist at Memorial Sloan Kettering Center in Manhattan and based on practical advice gleaned from the front lines of the author's physical-therapy practice, The Healing Power of Movement will be recommended and empowering reading for all cancer patients, whether they are undergoing chemotherapy or radiation, or are recovering from surgery.

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