



The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany

Liat Levy

[Download now](#)

[Click here](#) if your download doesn't start automatically

The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany

Liat Levy

The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany Liat Levy

Dissertation / Doktorarbeit, die am 02.08.2004 erfolgreich an einer Sporthochschule in Deutschland im Fachbereich Sportwissenschaften eingereicht wurde. Abstract: Research in the field of exercise therapy for cancer patients primarily focused on individuals with breast cancer who receive exercise interventions under outpatient conditions. This research study investigated individuals with colorectal cancer under inpatient conditions and aimed to broaden the application of exercise intervention treatments beyond that of breast cancer. The research included two study groups; standard exercise group (SEG, n=44) receiving indoor gymnastic exercise (IGE) and modified exercise group (MEG, n=39) receiving IGE plus additional outdoor walking activity. Participation in the specific exercise therapy program was independent of other therapies received in the inpatient rehabilitation program (IRP). The patients completed QOL questionnaires (QLQ-C30 & QLQ-CR38), psychological distress scale (HADS) and underwent treadmill stress-testing (TST) at the beginning (T1) and upon completion (T2) of the IRP. The QOL and the HADS questionnaires were administered after a six month follow up (T3) proceeding the IRP completion. Results indicate significant QOL and HADS improvements in pre to post-testing for both study groups. The TST results indicate superior improvements in the MEG in comparison to the SEG. Some of the T1 to T2 QOL and HADS improvement maintained at T3. We conclude that 3 weeks IRP was adequate to reveal improvements in QOL, psychological measures and functional capacity. Future research should emphasize patient motivation for participation in physical activity after completing IRP. This background chapter encompasses the different fields of knowledge which are relevant to the present study, starting with colorectal cancer (epidemiology, etiology, pathology and the International Classification of Functioning, Disability and Health), continuing with the subjec..

 [Download The effect of two exercise programs on the rehabil ...pdf](#)

 [Read Online The effect of two exercise programs on the rehab ...pdf](#)

Download and Read Free Online The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany Liat Levy

From reader reviews:

Gina Melton:

Typically the book The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany has a lot details on it. So when you check out this book you can get a lot of help. The book was published by the very famous author. The writer makes some research before write this book. That book very easy to read you may get the point easily after perusing this book.

Scott Burnett:

Many people spending their time period by playing outside along with friends, fun activity along with family or just watching TV 24 hours a day. You can have new activity to spend your whole day by reading a book. Ugh, ya think reading a book will surely hard because you have to take the book everywhere? It alright you can have the e-book, delivering everywhere you want in your Touch screen phone. Like The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany which is obtaining the e-book version. So , try out this book? Let's find.

Annie Fowler:

This The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany is brand-new way for you who has curiosity to look for some information because it relief your hunger of information. Getting deeper you into it getting knowledge more you know otherwise you who still having little bit of digest in reading this The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany can be the light food for yourself because the information inside this kind of book is easy to get by means of anyone. These books acquire itself in the form which is reachable by anyone, yep I mean in the e-book form. People who think that in e-book form make them feel sleepy even dizzy this publication is the answer. So there is no in reading a publication especially this one. You can find actually looking for. It should be here for anyone. So , don't miss this! Just read this e-book type for your better life in addition to knowledge.

Catherine Almond:

A number of people said that they feel fed up when they reading a book. They are directly felt the idea when they get a half regions of the book. You can choose often the book The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany to make your personal reading is interesting. Your current skill of reading ability is developing when you like reading. Try to choose very simple book to make you enjoy to see it and mingle the impression about book and studying especially. It is to be 1st opinion for you to like to available a book and examine it. Beside that the book The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany can be your brand-new friend when you're sense alone and confuse with what must you're doing of this time.

Download and Read Online The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany Liat Levy #T01MIBD2JK8

Read The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany by Liat Levy for online ebook

The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany by Liat Levy Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany by Liat Levy books to read online.

Online The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany by Liat Levy ebook PDF download

The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany by Liat Levy Doc

The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany by Liat Levy Mobipocket

The effect of two exercise programs on the rehabilitation of individuals with colorectal cancer in an inpatient setting in Germany by Liat Levy EPub