

Fortius Cancer Rehabilitation Programs

Specialised cancer rehabilitation exercise programs are personally tailored and closely monitored. They consider all your personal and medical aspects, including specific cancers, treatments and treatment side effects.

Programs include a full clinical assessment and report, a personal therapeutic home program and guide, and optional supervised individual training sessions.

Frequently asked questions

How do I make a start?

Ask your doctor or oncologist for a referral to Deb Pickersgill. Deb will then assess your exercise needs and discuss an appropriate exercise program.

What type of exercise might be best for me?

The three categories of exercise are aerobic, strength and flexibility. A personalised exercise program will try to include activities from each category, if possible.

The best exercises for you will depend on many factors such as your fitness level and strength, current exercise regime, physical limitations, type of cancer and treatment, personal interests and individual needs.

At what stage should I start exercising?

Cancer rehabilitation exercises can improve quality of life, no matter what stage of the diagnosis or treatment. Correct exercises can help if you live with cancer, or if you are preparing or undergoing treatment, or recovering from cancer.

Do I have to attend a gym?

No, you can follow your program at home on your own or at supervised training sessions if you wish.

Can I claim the costs of the cancer exercise specialist from Medicare or my private health fund?

Medicare and other private health insurers may offer cover for visits to accredited allied health professionals. Discuss this with your GP.