



Exercise Therapy and the Cancer Patient: A Guide for Patients and Professionals

Howard F. Stidwill

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This guide will help patients, regardless of their type of cancer, regain lost physical and psychological functions. Conditions such as fatigue, loss of strength, and depression are all too common with many cancers. Indeed, it is often not the cancer itself but the treatment and the inactivity that follow, that affect the afflicted individual. Doctor Stidwill's latest book is written to be understood and applied by both medical professionals and cancer survivors alike. After 12 years of working with cancer patients, Stidwill offers sound advice and sample exercises in an easy to implement format, including an "Exercise Prescription" for specific cancers.

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