

Being physically active when you have bone metastases



If you have bone metastases and want to learn how to be physically active in a safe way, this handout is for you. Bone metastases is cancer that starts in one part of the body and spreads to the bone. If you're not sure whether you have bone metastases, talk to your healthcare provider, such as your family doctor, cancer doctor (oncologist) or nurse practitioner.

What is physical activity?

Physical activity means moving your body in a way that raises your heart and breathing rates above resting levels. You can be physically active in many different ways. A brisk walk, yard work or household chores, playing a sport or doing exercises that build muscle or balance are all examples of physical activity.



3 things you need to know about physical activity

- 1** Physical activity can help people who have cancer. Being active can maintain or improve how your body works, help with fatigue (extreme tiredness that is not relieved by rest) and improve your quality of life.
- 2** Physical activity is safe for most people with bone metastases. Doing an activity safely can decrease your risk of pain, loss of balance or breaking a bone.
- 3** Research shows that the safest way to engage in physical activity is to have a qualified exercise professional guide you.

If you're active most days, keep moving!





Who are qualified exercise professionals?

Physiotherapists and clinical exercise physiologists are university-trained exercise professionals who can guide you on how to safely be physically active. Some may specialize in working with people who have cancer. To find a qualified exercise professional near you, visit the [Bone Metastases and Exercise Hub](#).



Getting started

Moving more and sitting less benefits nearly everyone. If you're new to physical activity, talk to your healthcare provider or qualified exercise professional before starting.

- Choose activities that you are more likely to enjoy and do consistently.
- Wear comfortable shoes that fit well and have good grip.
- Move in ways that are comfortable for you. Whatever you're doing, it shouldn't hurt.
- When possible, consult with a physiotherapist or clinical exercise physiologist.



Being safe

Certain activities may increase your risk of injury. Talk to a qualified exercise professional or your healthcare provider before taking part in activities that:

- are high impact, such as jumping or running
- involve twisting, such as golf or tennis
- increase your risk of falls, such as downhill skiing

If you notice any changes in how you feel after being physically active, such as pain, muscle weakness or a change in your balance, check with a qualified exercise professional or your healthcare provider before continuing with the activity.

Ready to learn more?

✓ Download our [health information form](#) to talk about physical activity with members of your healthcare team.

✓ Watch our [webinar](#) for more information.

✓ Visit our website at bit.ly/BMEhub or scan this image.



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