

## **Individualized Home Exercise Programs: Measuring Function and Quality of Life in Cancer survivors**

### **Recruitment Statement through the Cancer Resource Center of the Fingerlakes.**

Ithaca College faculty members and physical therapists, Dr. Jill Mayer and Dr. Kayleigh Plumeau are conducting a research project with several physical therapy students. They are studying the effects of an individualized home exercise program on function and quality of life in cancer survivors. They are looking to identify individuals who are interested in receiving an individualized home exercise program designed by a physical therapist to complete over 8 weeks. Interested participants must have an active diagnosis of cancer (any type) or be newly in remission (<90 days since their final treatment). In addition to the home exercise program, participants will receive a \$25.00 gift card at completion of the final assessment for his/her time.

If this describes you and you are interested, please read below for further information and call or email Jill Mayer, 607-274-5825, [JMayer@ithaca.edu](mailto:JMayer@ithaca.edu).

#### More information:

The researchers are looking to develop an individualized home exercise program for you based off of your goals and needs that you would be able to complete in your own home at any time of day.

We are measuring your physical function and quality of life over an 8 week period. You will be asked to come to the Ithaca College Physical Therapy clinic prior to and at the end of the program to complete an evaluation and measure your balance, endurance, and general mobility.

To be included in the study, you must demonstrate the following:

- Interest in participating in a home based exercise program
- Between the ages of 18-95 y/o
- Have a current diagnosis of cancer and be receiving treatment (any type and any stage) – **OR**- have had a recent diagnosis and finished treatment within the past 90 days. (Individuals receiving ongoing hormone therapy outside of the 90-day window cannot be included).
- Walk at least 20 feet independently with or without an assistive device (walker, cane, etc.)
- Reside in Tompkins County or other neighboring county
- Receive physician's clearance to participate.
- Not currently be receiving physical therapy services, with the exception of lymphedema management.

Please call or email Jill Mayer at 607-274-5825 or [JMayer@ithaca.edu](mailto:JMayer@ithaca.edu) if you have any questions about the study.