

Exercise to Support Treatment: Effective and Safe Exercise Practices for Cancer Patients with Bone Metastasis



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This 30-minute symposium presents evidence-based strategies for using exercise as a safe and effective adjunct therapy for cancer patients with bone metastases. Led by Registered Kinesiologist Monika Dylewski, the session explores how targeted strength and mobility training can enhance physical function, reduce symptom burden, and support treatment tolerance throughout the cancer continuum - from prehabilitation to survivorship.

Learning Objectives of the Symposium

- Understand the evidence supporting exercise programs in cancer patients
- Learn the role of exercise in cancer prehabilitation and rehabilitation
- Identify key priorities and considerations when prescribing exercise for patients with bone metastases
- Explore professional resources available to support clinical practice



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