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 **After Pink**
بعد الوردي

For you.

**A small guide for every survivor
thinking about getting back to exercise.**

Strength after breast cancer is built..
by measuring, not guessing.

www.thesportsdoctorlab.com

HOSSAM ZIDAN
 **The
Sports
Doctor®**

The old advice

02

“Don’t lift anything heavy”.. is no longer the rule.

For years the advice was: rest, and don’t carry anything with that arm. The fear was arm swelling (lymphedema).

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Survivors with stable lymphedema did weight training for **a full year**, twice a week, with very slow progression.

Arm swelling

**Did not
increase**

Strength

Increased

Swelling flare-ups

14% vs.
29%

But with conditions: very slow progression, a specialist following you, and a compression sleeve if your doctor says so.

And this is no promise that swelling won’t happen.

Schmitz et al., N Engl J Med 2009



After Pink • Leeki



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Before you start

Step one.. your doctor's opinion.

03

Ask your treating physician before any exercise, especially if:

- You are still on chemotherapy, radiotherapy or targeted therapy.
- You had surgery a few weeks ago and your surgeon hasn't cleared arm movement yet.
- You have lymphedema, numbness in your hands or feet, or a heart problem.

Questions to take to your doctor:

- 1 Can I start progressive resistance training today?
- 2 Is there a movement or position I should avoid for now?
- 3 Do I need a compression sleeve when I train?
- 4 Are there tests or results I should keep an eye on?
- 5 What signs mean I should stop and call you?



Get the approval in writing if you can, and show it to whoever trains you.

The assessment

Before we train.. we measure.

01**Shoulder movement on both sides**

To track stiffness after surgery and radiotherapy

02**Arm circumference on both sides**

To spot any change early

03**Muscle strength with a measuring device (SIA Dyno)**

To see progress in numbers, not feelings

04**Treatment you've finished and treatment still ongoing**

Because each treatment affects you differently in the gym

The assessment isn't a test.. it's the starting point.

A progressive program at your pace, and we re-measure every month.

The traffic lights

Before every session.. ask yourself.

05



No training today

Call an ambulance now 123

- Chest pain
- Shortness of breath at rest
- Dizziness or fainting
- Sudden change in balance, vision or speech

Call your doctor today

- Fever or signs of infection
- Redness, warmth or pain in the arm or chest
- Sudden swelling or pain in one leg
- New, severe bone pain
- Severe vomiting or diarrhea



Modify the program

- More fatigue than usual
- The few days after a chemo dose
- Mild arm heaviness after the last session
- Numbness in your feet

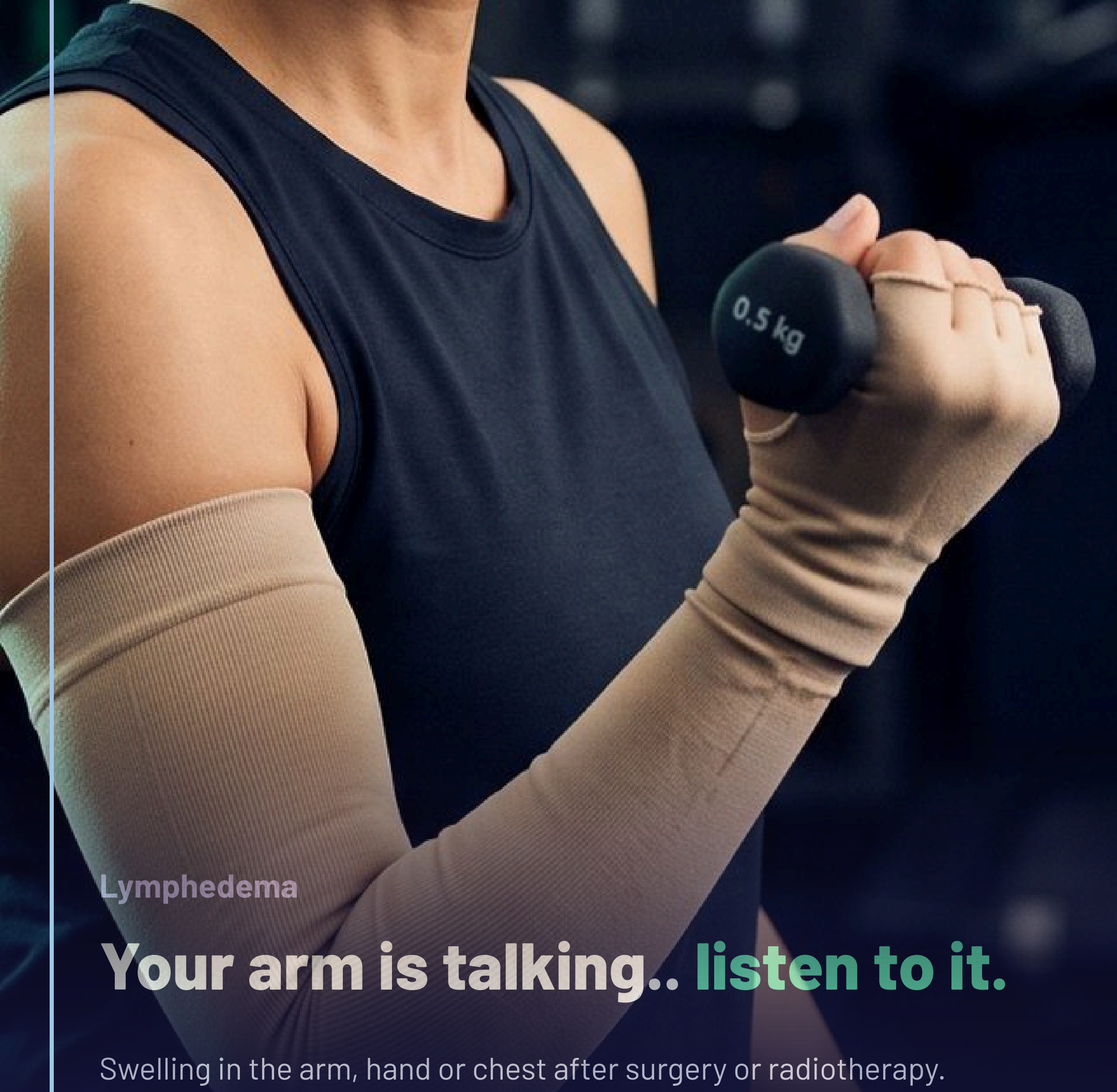
Tell your coach at the start of the session so they can ease off.



Carry on

- Symptoms are stable
- Your arm is unchanged
- Fatigue is within limits or eases with movement

When in doubt, stop. You lose nothing by postponing a session.



Lymphedema

Your arm is talking.. **listen to it.**

Swelling in the arm, hand or chest after surgery or radiotherapy.
Progressive exercise is possible with it.. but with your eyes open.

06

Signs to watch for:

- Your ring, watch or sleeve feels tighter than usual.
- Heaviness or fullness in your arm or hand.
- One arm looks bigger than the other.

If you notice any of these: tell your coach before the session, and let your physiotherapist or the doctor following you know.

Redness or warmth in the arm: red light. Call your doctor right away.

Compression sleeve: only if your doctor or physiotherapist prescribes it.. not on your own.

The right coach

How do you know you're in safe hands?

The right coach:

- ✓ Asks for the doctor's approval before the first session.
- ✓ Measures first, and re-measures every month.
- ✓ Asks you at the start of every session: "How are you feeling today?"
- ✓ Increases only one thing at a time, by the smallest step.
- ✓ If you ask a medical question, says: "Let's ask your doctor."

If you hear any of these, be careful:

- ✗ "You're a fighter, you have to keep going!" when you're exhausted.
- ✗ "Try this supplement, it boosts immunity."
- ✗ Any comment on your weight, hair or body shape.
- ✗ Heavy training from the first session without any measurement.

**You have the right to say "not today"..
and that's part of the plan.**



Tracking sheet

Track it.. so you can see the difference.

After every session fill in a card, and show it to your coach at the next one.
In the PDF file, tap the fields to type and select right on your phone.

Session 1

Date

Light before the session

Effort (0 very easy → 10 maximum effort)

0

1

2

3

4

5

6

7

8

9

10

Arm afterward

Unchanged

Heavy

Swollen

Session 2

Date

Light before the session

Effort (0 very easy → 10 maximum effort)

0

1

2

3

4

5

6

7

8

9

10

Arm afterward

Unchanged

Heavy

Swollen

Session 3

Date

Light before the session

Effort (0 very easy → 10 maximum effort)

0

1

2

3

4

5

6

7

8

9

10

Arm afterward

Unchanged

Heavy

Swollen



Before you start training..
let's measure first.

 **Need an assessment? Tap here**

This guide is for awareness and does not replace medical advice.