

## **CANCER RELATED FATIGUE**

### **CONSIDERATIONS**

- CRF is abnormal or pathologic fatigue
- CRF appears during normal activities, persists for longer periods, and does not improve with rest
- CRF can become severe enough to force patients to reduce their activity level
- Occurs in 75-90% of cancer survivors

### **SYMPTOMS**

- Feeling tired despite plenty of sleep
- Feeling sleepy throughout the day
- Feeling sudden, extreme tiredness
- Feeling too weak to stand
- Difficulty performing routine activities
- Needing to rest during normal activities
- Difficulty concentrating
- Withdrawing from social interactions due to lack of energy

### **BENEFITS OF PHYSICAL THERAPY**

- Enhanced immune system function
- Improved mood/endorphin release
- Increased bowel mobility
- Increased cardiopulmonary endurance
- Increased lean muscle mass
- Combats adverse weight gain
- Reduced nausea
- Decreased pain
- Decreased edema
- Energy conservation strategies
- Nutrition counseling