

Improving long term functional outcomes following wide resection surgery for sarcoma

***Are you struggling with day to day activities such as climbing stairs?
Do you feel left out of group physical activities due to pain, restriction or weakness in your operated leg?
Are you missing on activities with friends or family due to ongoing pain and weakness with your affected leg?***

These are many of the questions that sarcoma survivors may ask themselves on a daily basis. With the advances in medical imaging and surgery mean people diagnosed with lower limb sarcoma most likely have a wide resection for instead of amputation. Whilst the limb is preserved, such major surgery often leaves one with vast functional deficiencies. These disabilities often remain once the battle with the cancer is over, leaving individuals feeling excluded from group activities. Such exclusion can lead to decreased energy or motivation for such individuals to become involved in any physical activities. That's where we can help.

Our project investigates the long term functional deficits that arise as a result of wide resection surgery, and ways in which physical functioning and wellbeing can be improved through exercise rehabilitation and psychological counselling.

Who can participate?

- Individual who is AT LEAST 5 years post lower limb wide resection for sarcoma.
- Male or female aged between 12-65 years
- Lives in the Perth metropolitan area

What is required??

The study comprises of 3 elements exercise rehabilitation, psychological counselling, and plastic surgery review. Each of the elements involve:

Exercise rehabilitation

- 8 weeks fully supervised exercise rehabilitation program
- 4 one on one counselling sessions
- 1 scarring review with plastic surgery team (No surgery offered, assessment for the need vs desire only)

If you are interested, or want to discuss the project further please contact:

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