

# STEEL PROGRAM REINTEGRATING MEN WITH CANCER

The STEEL Cancer Rehabilitation Program provides individualised, prescribed rehabilitation to men diagnosed with cancer; helping them heal as well as possible and to function at optimal levels through every stage of their treatment and recovery.

# TAKING THE FIRST STEPS ON THE ROAD TO RECOVERY

The STEEL Cancer Rehabilitation Program is dedicated to improving the strength, quality of life and sense of wellbeing of men diagnosed with cancer.

It is specifically designed to help maximise recovery, regain physical strength and endurance, improve body confidence and control.

The Program is delivered by certified STEEL Cancer Rehab Physiotherapists across the country and provides a full range of services designed to care, support and guide men through every stage of their treatment and recovery.

*“We believe every man diagnosed with cancer should have the opportunity to heal as well as possible and function at an optimal level during all stages of treatment and recovery”*

**Lou James, PINC Program Founder and  
Trustee of the PINC & STEEL Cancer  
Rehabilitation Trust**

# WHAT THE **STEEL** **PROGRAM** AIMS TO DO FOR YOU

- Optimise physical and functional recovery
- Ease pain and muscular tension
- Help regain strength and mobility
- Increase energy levels and improve breathing
- Strengthen core muscles and improve posture
- Improve physical functioning and maintain independence
- Reclaim body confidence and control
- Reduce treatment related side effects
- Shift focus from illness to wellness

It is suitable after any type of cancer surgery or treatment and accommodates all ages, fitness levels and mobility.

# LEARN TO LIVE WELL

The STEEL Cancer Rehab Physiotherapists assess each patient individually for physical impairments and the effects of their treatment. They then work with each patient to create a rehabilitation program to suit their particular stage in recovery.

The sessions can include a combination of services including: Manual physiotherapy, graduated resistance training, individualised clinical pilates, fatigue management and exercise prescription.

Your STEEL Cancer Rehab Physiotherapist will help guide, support and encourage you through each phase of your treatment and recovery.

They will teach you what you can do to get stronger again and help you understand why your body is reacting to the treatments in certain ways. They will provide information to help you feel more in control of your body and life again.

# WHY IS PRESCRIBED REHABILITATION AND EXERCISE IMPORTANT FOR PEOPLE DURING AND AFTER CANCER TREATMENTS?

Research shows that remaining physically active is a very important component in your recovery from cancer and the effects of its treatment.

Treatments for cancer typically include surgery, chemotherapy, radiation therapy and endocrine therapies. The effects of these treatments commonly cause many patients to develop unwanted side effects which can lead to significant negative impacts on quality of life.



*“Cancer patients would be shocked if they knew just how much of a benefit physical activity could have on their recovery and long term health, in some cases reducing the chances of having to go through the gruelling ordeal of treatment all over again.”*

**Prof Rod MacLeod, Senior Staff Specialist  
Hammond Care and Conjoint Professor in  
Palliative Care at University of Sydney**

Your STEEL Cancer Rehab Physiotherapist can help guide and support you safely back to exercise.

# STEEL REPRESENTS

The strength, courage and resolve of the men we see after a cancer diagnosis.

Men's rehabilitation needs are different to women's. Regaining physical strength and stamina can really help men with the mental stuff as well!



*"The evidence behind the positive effects of individualised exercise rehabilitation is so strong, that this kind of program should be a national health priority. We need to recognise that our men aren't always as good at coming forward for help as some women are, but their needs are definitely as great".*

**STEEL Cancer Rehab Physiotherapist,  
Andy Schmidt MHPrac (Distinct.) in  
Musculoskeletal Physiotherapy, B.Phty**



*“After surgery, chemo & radiation, my body had taken a bit of a battering. My Steel Pilates Physio did an exceptional job assessing what my current limits were, and identifying potential improvements through the right exercises.*

*Before Steel Pilates, I had given up on being able to do some basic types of movement, which other people would take for granted.*

*Steel Pilates made a huge difference to me - it gave me a sense of normal movement, and removed the feeling of being permanently limited from my treatment.*

*I would highly recommend Steel Pilates to other cancer patients - it has been an exceptional way to return flexibility & strength post-treatment, beyond what I had thought were my limits.”*

**Nick White, Head and neck cancer survivor. Wellington**

# VISIT A **STEEL** CANCER REHAB PHYSIOTHERAPIST NEAR YOU.

The Program provides rehabilitation services through PINC Program (for women) and STEEL Program (for men) through its network of 120 certified PINC and STEEL Cancer Rehab Physiotherapists working in 35 regions throughout New Zealand and Australia.

Visit our website to register and to find  
a **STEEL Cancer Rehab Physiotherapist**  
near you [www.pincandsteel.com](http://www.pincandsteel.com)

For more information email  
[info@pincandsteel.com](mailto:info@pincandsteel.com)