Solid Tumors AND Physical Activity IN Childhood Cancer

- Brain and other central system tumors are the most common type of solid tumors in childhood cancer.
- Soft tissue tumors and bone tumors are also common types of pediatric cancer.
- Treatment can include:
  1) Chemotherapy
  2) Radiation
  3) Surgery
- Additional factors to consider with bone tumors regarding physical activity:
  - Impact of surgical interventions (e.g., partial weight-bearing activity, extra recovery time following surgery).

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Physical Activity

- The research shows that PA is beneficial for children with solid tumors.

Physical Activity Recommendations:
- 60 minute or more PA every day
- Focus on aerobic activity
- Also include muscle & bone strengthening activity
- Consult health team for specific guidelines

Physical Activity Tips:
- Reduce risk of falls
- Limit weight bearing
- Be aware of surgical procedures
- Engage in cardiovascular, strength, coordination & flexibility training

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Refer to Ch 9 in the POEM Manual for additional information & specific physical activity recommendations.