

Being physically active when you have bone metastases

An information form to help you be active safely

The information summarized on this form can help you, your qualified exercise professional, and your healthcare team make decisions that are right for you about how to be physically active safely.

Physical activity for people with bone metastases can be:

- **Safe** when appropriately monitored by a qualified exercise professional.
- **Beneficial** and may improve fatigue, physical function, and quality of life.

To be completed by patient: I consent to the release of my medical information outlined below.

Name (please print): Date (mm/dd/yyyy):

Signature:

To be completed by healthcare team: This form will complement the health history and exercise screening questions asked by a qualified exercise professional.

Date of most recent relevant imaging (mm/dd/yyyy):

Copy of imaging attached: ☐ Yes ☐ No

Bone metastases location(s):

- ☐ Spine
- ☐ Cervical
 - ☐ Thoracic
 - ☐ Lumbar
- ☐ Clavicle (☐R or ☐L)
- ☐ Scapula (☐R or ☐L)
- ☐ Humerus (☐R or ☐L)
- ☐ Rib Cage or sternum
- ☐ Sacrum
- ☐ Pelvis (☐R or ☐L)
- ☐ Femur (☐R or ☐L)
- ☐ Other:

Previous known pathological fractures:

- ☐ Yes
- Location(s):
- ☐ No/unknown

Areas of clinical concern (optional):

e.g., additional information on lesion(s), recent increased pain, recent progression

Other general considerations

for exercise professional (optional):

e.g., brain metastases, mild cognitive impairment, fall risk due to impaired balance

Current or planned treatment:

- ☐ Over the counter medication for pain
- ☐ Opioids
- ☐ Bone modifying agent
- ☐ Interventional procedures:
- Type:
- Date (mm/dd/yyyy):
- ☐ Radiation location(s):

☐ None/not applicable

Current corticosteroid medication:

- ☐ Yes
- ☐ No

Form completed by:

Healthcare provider name: Date (mm/dd/yyyy):

If you experience any change in symptoms, such as pain, talk to your healthcare provider or qualified exercise professional.

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Additional information for healthcare providers:

The **International Bone Metastases Exercise Working Group** published exercise recommendations state:

“Regular exercise has the **potential to maintain or improve physical function, and health-related quality of life** in people with bone metastases, and the **perceived risk of skeletal complication** should be weighed against the **potential health benefits**.”

Five specific recommendations were provided for exercise screening, consultation with the medical team, who qualified exercise professionals are, exercise testing and exercise prescription, including:

- Communication using a team-based approach between people living with bone metastases, healthcare providers and exercise professionals is recommended.
- Information on bone lesions, cancer diagnosis and treatment, and person-related factors should be used to inform decision-making about engaging in exercise safely.

These recommendations come from an international working group of physicians, physiotherapists, clinical exercise physiologists and researchers, and are based on a survey of physicians and nurse practitioners¹, a systematic review², and a modified Delphi consensus process³. Highlights include:

- Patients look to physicians and nurse practitioners for exercise recommendations.
- Physicians and nurse practitioners perceived exercise as safe, but they need more information to recommend exercise to people with bone metastases.
- Across the peer-reviewed literature, exercise was found to be:
 - **Safe:**
 - Only four serious adverse events were reported (all in soccer programs).
 - **No adverse events related to bone metastasis** (such as fractures) were reported.
 - **Feasible:** Participants attended 70%–80% of exercise sessions.
 - **Beneficial:** Exercise improved physical function, muscular strength, quality of life and fatigue.

References:

1) Adams J (2021) Physical activity recommendations for cancer survivors living with bony metastases: views of oncologic healthcare providers. *J Cancer Survive* 15, 414-7.

2) Weller S (2021) Exercise for individuals with bone metastases: A systematic review. *Crit Rev Oncol Hematol* 166, 103433.

3) Campbell KL (2022) Exercise Recommendation for People with Bone Metastases: Expert Consensus for Health Care Providers and Exercise Professionals. *J Oncol Pract* 18, e697–709.

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