

# Helping People Affected by Cancer through Physical Rehabilitation †

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**Abstract:** Benefits of Physical Rehabilitation in Oncology are revealed by thousands of clinical studies published in the last 10 years. “Rehabilitation 2030” is a call to action initiated by WHO in 2017, dedicated to individuals with non-communicable diseases, focusing on oncology. The need for global guidelines for physical rehabilitation programs in oncology is generated by the diversity of existing guidelines applied by region or by country, poor advertising of services, and a low number of specialized physiotherapists. Australia has the most developed rehab program in oncology, based on each type of cancer and cancer stage. There are a lot of common recommendations in American guidelines and Australian Guidelines, which are also recognized and advised by ESMO. Physical therapy objectives and expectations can vary from HCPs to patients; that is why the physiotherapist must be acknowledged and trained specifically on oncology. At present, Nutricor is the only center in Romania certified PINC&STEEL, providing physical rehabilitation services for cancer patients.

**Keywords:** physical rehabilitation; oncology rehabilitation; physical exercises in cancer.

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## Conflicts of Interest

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