

Therapeutic pilates to improve the physical condition of colon cancer survivors

LOCATION: Granada

DURATION: 1'48"

SUMMARY: Scientists from the University of Granada have proved that doing certain exercises improves the physical condition and muscle control of colon cancer survivors. Researchers from the Physiotherapy Department have designed a therapeutic pilates programme which has been carried out by around 50 people who have overcome this illness.

VTR:

Researchers from the University of Granada have developed a therapeutic pilates programme that improves the physical condition of colon cancer survivors. The team, coordinated by Professor Irene Cantarero, studied the main problems suffered by these patients and have developed an exercise planning.

IRENE CANTARERO
Physiotherapy Prof.
Univ. Granada

"They suffered pain, mostly in the lumbar and the abdominal areas, which are related to the surgery they had to go through."

It is an eight-weeks planning and each session includes about ten or twelve different exercises.

ANTONIO J. SÁNCHEZ
Physiotherapist

"So they realise that they can work out and that it is also helpful."

Apart from the general work out, they also exercise the area affected by the surgery they had to go through.

IRENE CANTARERO
Physiotherapy prof.
Univ. Granada

"It considerably improves motor control in the lumbopelvic area, so it eases the pain and fatigue."

Colon cancer is the most prevalent in Spain if we take both genders into account. 35.000 patients are diagnosed with this disease every year. The survival rate is by 64% within the first five years. María Teresa and Antonio are two of the survivors who have participated in this programme.

MARÍA TERESA ESPÍNOLA
Colon cancer survivor

"You have cancer here, in your intestines. It's bad, but operable. I felt lighter. I gained strength both in my feet and my hands, in my body, because I felt much weakened before."

ANTONIO JOSÉ GIJÓN
Colon cancer survivor

"I continue to attend to my medical check-ups. It's been five years and I am clean. Going outside, working out, being in shape again."

These researchers have observed that the physical condition of the 50 cancer survivors who have participated in this project has improved.

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