



# WHAT WOULD PARTICIPATION LOOK LIKE?



## FITNESS TESTING

Testing will include:

- (1) **Balance assessments:** side by side, semi-tandem, tandem stance and single leg balance.
- (2) **A lower body strength test:** the 30 second chair stand test

## QUESTIONNAIRES

These surveys will include questions on:

- (1) **Sociodemographic information**
- (2) **Functional status**
- (3) **Fall history**
- (4) **Fall efficacy (your concerns over falling)**

## FALL - TRACKING DIARY

We will ask you to keep track of any falls during your participation in the study.

## TIMELINE

Fitness testing and questionnaires will be completed at 3 timepoints


- (1) **Baseline**
- (2) **3 months after you start**
- (3) **6 months after you start**


If you are randomized to the intervention group you will join group exercise sessions online with other study participants and also exercise on your own for the 12 weeks (3 months).


# INTERESTED IN JOINING?

If you are interested in joining or want to hear more about the study please contact us at:

**Cancer Rehabilitation Clinic:**

 780-492-6007

 albertacancerexercise@ualberta.ca

 Corbett Hall, Rm 1-38, 8205 114 St. Edmonton AB



# THE STABLE STUDY

## STRENGTH TRAINING AND BALANCE LEG EXERCISE

A study to assess the benefit of a balance and strengthening exercise program for older individuals currently on or having completed cancer treatment.



## WHO CAN PARTICIPATE?

- 1) Aged 60 or older
- 2) Living in your own home/ residence (not a hospital or nursing home)
- 3) Have a diagnosis of lung, breast, prostate, or colorectal cancer
- 4) Are currently receiving, starting or have completed cancer treatment
- 5) Pass the screening for safety: we will assess if you have any risks that may make exercise unsafe
- 6) Have approval from your doctor to take part in the study



## BALANCE EXERCISE TRAINING

You will have the option to take part in the program in-person or online.

If you are attending online, you will connect with us through the Heal-Me app using your home device. You will join group exercise classes once a week, and we will give you some exercises to do on your own.



## RANDOMIZED CONTROLLED TRIAL (RCT)

If you agree to join the study, the computer will randomly assign you into one of the two groups. Random assignment is similar to tossing a coin. You will have an equal chance of being assigned to either group. The two groups are as follows:



## WHERE WILL IT HAPPEN?

In-person sessions as well as the balance and leg strength testing and an app teaching session will happen at the University of Alberta in the Cancer Rehabilitation Clinic.



## GROUP 1: GENERAL ACTIVITY AND EXERCISE

If you are assigned to this group, you will receive education on balance and exercise, footwear to prevent falls, and information on medications that may cause problems with balance. You will carry out your usual daily activities and you will have the option to join a regular exercise class. This group is important as it allows us to see if the balance program is helpful in improving balance and leg strength, and for preventing falls.

## GROUP 2: BALANCE TRAINING

If you are assigned to this group, you will receive education on balance and exercise. You will be asked to exercise twice a week for 12 weeks that will involve:

- (1) Joining one supervised group exercise class each week in-person or through zoom
- (2) Completing your assigned leg strengthening and balance exercises once a week at home.

## RESEARCH TEAM

Research coordinator: Tara Skene  
Principle Investigator: Dr. Margie McNeely  
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# INTERVENTION

## WHAT WOULD YOU NEED TO PARTICIPATE?



Computer Laptop or Tablet



Internet

## WHAT WILL WE PROVIDE YOU WITH?



Resistance Bands



Exercise Support