

Aqua jogging – a way to improve wellbeing for women who survived breast cancer

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Introduction: Women who undergo breast cancer treatment suffer often from symptoms related to their surgery and treatment which include pain, swelling of their arm and chest/breast, limited range of motion, function deficits, sleep disturbances, depression and more. Exercise is recommended for women during and after treatments or breast cancer; furthermore, performing routine exercises were proved to reduce the risk of recurrent cancer and the risk of developing lymphedema. Weight training exercises were found to be safe for lymphedema and were proven to reduce the risk of developing lymphedema, when done gradually in a supervised, safe environment. Aqua jogging in shallow water provides a safe environment as velocity and surface of progression which are translated to resistance, controlled by pace and by changing hand and body position while running. Moreover, buoyancy and hydrostatic pressure supports the body and arm from harm. The aqua jog is performed 3 times a week in a swimming pool of 290C, in waist height. The training is an interval training with a 15 minutes warm up, and 4-9 cycles of jogging in a circle with direction change for diversity in power and resistance, gradually changing the surface of progression and the pace. The training lasts 60 minutes with cooldown in deep water and stretching at the end.

Method: A phenomenological method with semi-structured interviews and open-ended questions were applied. Content analysis will be conducted using value and affective method with the purpose of finding the most common themes that will emerge from the data.

Results: interviews were conducted with 5 women who underwent treatments for breast cancer. Analysis will be finished by the time of the conference.