



Cancer Rehabilitation Institute

Mission

The University of Northern Colorado Cancer Rehabilitation Institute is committed to the advancement of quality of life for cancer survivors during and following treatment through prescriptive exercise rehabilitation.



University of Northern Colorado
Cancer Rehabilitation Institute

Ben Nighthorse Campbell Center
913 19th Street • Greeley, Colorado 80639

phone 970-351-1876 • email unccri@unco.edu
www.unco.edu/unccri

It's not just life, it's... Quality of Life

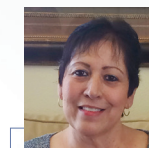
UNIVERSITY OF
NORTHERN COLORADO

Cancer Rehabilitation Institute



UNCCRI

The University of Northern Colorado Cancer Rehabilitation Institute (UNCCRI) was established in 1996 to investigate the role exercise plays in the rehabilitation of cancer survivors. The Institute provides clinical cancer rehabilitation services, conducts cutting-edge research, and provides educational opportunities for those committed to the rehabilitative efforts of cancer survivors. UNCCRI is housed in the Ben Nighthorse Campbell Center (BNCC) which was built in 2003 with funds from a federal grant. While the University of Northern Colorado Cancer Rehabilitation Institute is available to cancer survivors throughout Northern Colorado, the research performed at this facility is used to improve our understanding of exercise rehabilitation for cancer survivors around the world.



I am so grateful to be a part of such an amazing program. UNCCRI came into my life when I was at my lowest point in such despair physically and emotionally. The support and encouragement I received from the awesome staff motivated me to accomplish more than I thought I was capable of. When I started the program I needed assistance in every area, but have since gained strength and energy that has helped me to have a more positive outlook and has given me hope. UNCCRI has truly been a blessing.

Marie Alirez



UNCCRI played a significant role in my recovery from cancer. Their knowledgeable staff prescribed an exercise regimen specifically for me while I was still recovering from surgery, and completing chemotherapy and radiation treatments. Their program helped me fight side effects such as fatigue and neuropathy, and enabled me to rebuild my physical strength. I cannot imagine facing my recovery without the team at UNCCRI.

Jim White



Having cancer woke me up to the importance of a healthy lifestyle, and UNCCRI is helping me achieve that goal. The trainers are very professional, personable, and fun to work with. They have gently nudged me to do more than I thought I was capable of doing. The result is that I have gained strength and have more energy. UNCCRI also gave me the opportunity to participate in a study. It feels good to contribute to the body of research that will help future cancer patients.

Shan Watkins



UNCCRI came into my life when I was at my greatest depth of despair physically and emotionally with throat cancer. Their tireless, positive attitude helped me to heal the depression and uncertainty of daily existence. This is definitely what I needed to get back a good portion of a positive quality of life.

David Lekander



UNCCRI has been such a wonderful blessing in my life. As a five year breast cancer survivor, this program brought me new physical and mental strength and a renewed hope to live a healthy life! My trainer was able to design a special fitness plan to suit my physical ability. When I finished the program I felt stronger and was able to accomplish my fitness goals!! What I loved best about UNCCRI was the friendly, loving and supportive environment from all the staff. I am so very thankful for UNCCRI pouring into my life.

Dana Dunlap



The Program

For over two decades, UNCCRI has helped thousands of cancer survivors regain their quality of life, reduce depression, attenuate fatigue, improve cardiorespiratory performance, enhance muscular strength and endurance, and increase flexibility and balance. UNCCRI offers a 4-phase program that consists of one-on-one training, 2-3 sessions per week, for approximately 60 minutes each session.

A typical session will focus on cardiorespiratory training, muscular strength and endurance training, as well as balance and flexibility training. Each program is individualized to fit our clients' needs and goals. Clients will be assigned to a specific Phase of rehabilitation after their initial assessment at UNCCRI based on their treatment status and their placement on the cancer continuum.



PHASE 1

Who: Cancer survivors who are currently undergoing chemotherapy and/or radiation treatments, or have a recurrence of cancer. Clients will remain in this Phase during cancer treatment or for 3 months.

What is the goal of this phase?

To alleviate the severe side-effects of chemotherapy and/or radiation treatment.

What type of training will be provided?

Low intensity, one-on-one training.



PHASE 2

Who: Cancer survivors who have completed Phase 1, or clients who have had surgery and/or hormonal treatment, and have not had chemotherapy or radiation. Clients will remain in this Phase for 3 months.

What is the goal of this phase?

To reduce the physical and functional limitations created by cancer treatment.

What type of training will be provided?

Low-to-moderate intensity, one-on-one training that will incorporate foundational, technique-oriented exercises.

Exercise Assessment

An additional benefit of our program is the inclusion of free exercise assessments. An initial assessment is included with the first three months of training at no additional cost. This full array of physical and psychological assessments is valued well over \$150. Additionally, similar reassessments will be performed following every three months of training, free with participation in the program.

After completing an initial assessment, clients will be assigned a Phase of rehabilitation based on their treatment status and placement on the cancer continuum. Periodic follow-up assessments will allow clients to track their recovery and provide valuable information in the formulation of an individualized exercise prescription.



PHASE 3

Who: Cancer survivors who have completed Phase 2. Clients will remain in this Phase for 3 months.

What is the goal of this phase?

To improve physiological and psychological values beyond baseline. Clients should be back to functional health after completing this phase.

What type of training will be provided?

Moderate intensity, one-on-one training.



PHASE 4

Who: Cancer survivors who have completed Phase 3. There is no time period for this Phase.

What is the goal of this phase?

To maintain improvements in physiological and psychological parameters. To encourage and develop habits of lifetime physical activity.

What type of training will be provided?

Moderate-to-high intensity training is encouraged. Clients have the option of working out on their own, attending a group exercise session, or continuing to work out one-on-one with a Clinical Cancer Exercise Specialist.