

Original Paper

Effect of 8 weeks Pilates training on physical fitness indices in breast cancer patients: a clinical trial study

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Abstract

Background and Objective: Breast cancer and related treatments induce various physical symptoms. One of suggested method for preventing or reducing physical symptoms is exercise training. This study was done to evaluate the effect of 8 weeks Pilates exercises physical fitness indices in breast cancer patients.

Methods: In this randomized clinical trial study 30 female breast cancer patients were divided into intervention (n=15) and control (n=15) groups by block randomization method. Pilates exercise for 8 weeks, 3 days a week for 60 min in every session was performed in Patients in interventional group but patients in control group did not participate in any regular physical activity. Flexibility, coordination, back and hand strength and muscular strength were determined using Wells, alternate hand wall toss, one leg –stance, back and handgrip dynamometer, sit up tests, respectively.

Results: Pilates exercises significantly increased flexibility, balance, coordination, back and hand strength, muscular endurance and sit up in interventional group in compared to controls (P<0.05).

Conclusion: Pilates exercise improves physical fitness indices in women with breast cancer.

Keywords: Breast cancer, Pilates, Exercise training, Physical fitness

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