



Physical Activity Risk Stratification

Degree of risk for physical activity-induced adverse events in cancer survivors is based on specific health issues. Patients with moderate or high risk for physical activity-induced adverse events should receive medical clearance and referral to trained personnel for a supervised physical activity program.

Risk Level	Risk Factors
Low risk	<ul style="list-style-type: none"> • Early-stage breast cancer survivors • High baseline level of physical activity • No significant co-morbidities
Moderate risk	<ul style="list-style-type: none"> • Multiple myeloma lytic lesions • Bone metastases • Osteoporosis/ osteopenia • Arthritis • Musculoskeletal issues • Peripheral neuropathy • Lymphedema
High risk	<ul style="list-style-type: none"> • History of lung or major abdominal surgery • Ostomy • Cardiopulmonary comorbidities • Ataxia • Severe nutritional deficiencies • Morbid obesity • Extreme fatigue not proportional to recent activity