



Clinical  
Oncology  
Society of  
Australia

## COSA POSITION STATEMENT ON EXERCISE IN CANCER CARE

Endorsed by Medical  
Oncology Group of  
Australia, Cancer Council  
Australia, Exercise and  
Sports Science Australia,  
and Australian  
Physiotherapy Association

# EXERCISE TO BE EMBEDDED AS PART OF STANDARD PRACTICE IN CANCER CARE

All health professionals involved in the care of people with cancer to:

- **DISCUSS** THE ROLE OF EXERCISE  
IN CANCER RECOVERY
- **RECOMMEND** EXERCISE  
TO PEOPLE WITH CANCER
- **REFER** PATIENTS TO AN EXERCISE  
SPECIALIST WITH EXPERIENCE IN  
CANCER CARE

