

References

Winzer BM, Whiteman DC, Reeves MM, Paratz JD. Physical activity and cancer prevention: a systematic review of clinical trials. *Cancer Causes Control*. 2011 Jun;22(6):811-26. doi: 10.1007/s10552-011-9761-4. Epub 2011 Apr 3. PMID: 21461921.

Campbell KL, Winters-Stone KM, Wiskemann J, May AM, Schwartz AL, Courneya KS, Zucker DS, Matthews CE, Ligibel JA, Gerber LH, Morris GS, Patel AV, Hue TF, Perna FM, Schmitz KH. Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable. *Med Sci Sports Exerc*. 2019 Nov;51(11):2375-2390. doi: 10.1249/MSS.0000000000002116. PMID: 31626055; PMCID: PMC8576825.

Hayes SC, Newton RU, Spence RR, Galvão DA. The Exercise and Sports Science Australia position statement: Exercise medicine in cancer management. *J Sci Med Sport*. 2019 Nov;22(11):1175-1199. doi: 10.1016/j.jsams.2019.05.003. Epub 2019 May 10. PMID: 31277921.

<https://www.aiom.it/linee-guida-aiom/>

<https://cancerexercisetoolkit.trekeeducation.org/>

<https://www.ipthope.org/ipt-hope-resources/>

<https://www.ipthope.org/special-interest-groups/oncology/>

Avancini A, Benato G, Borsati A, Oliviero L, Belluomini L, Sposito M, Tregnago D, Trestini I, Insolda J, Zacchi F, Fiorio E, Schena F, Milella M, Pilotto S. Exercise and Bone Health in Cancer: Enemy or Ally? *Cancers (Basel)*. 2022 Dec 10;14(24):6078. doi: 10.3390/cancers14246078. PMID: 36551564; PMCID: PMC9776461.

Duong H, Walker M, Maugham-Macan M. Exercise Intervention for Bone Metastasis: Safety, Efficacy and Method of Delivery. *Cancers (Basel)*. 2023 Mar 15;15(6):1786. doi: 10.3390/cancers15061786. PMID: 36980672; PMCID: PMC10046160.

Sara Mantovani - Fisioterapista