



梁愷田婦癌基金會

婦癌復康計劃 分享會

2026年3月26日

運動與婦癌

恆常運動者：

25-30%

乳癌風險下降

- 增強免疫力
- 減少內臟脂肪囤積
- 有益荷爾蒙健康



靜態生活方式：

3.5倍

增加子宮頸癌前病

變風險

每週坐多於42小時

Vs.

每週坐少於24.5小時

癌友常見問題

肌肉流失
四肢乏力

疼痛

水腫

關節活動能力
下降

疲倦嗜睡

精神緊張
抑鬱焦慮



物理/運動治療方針

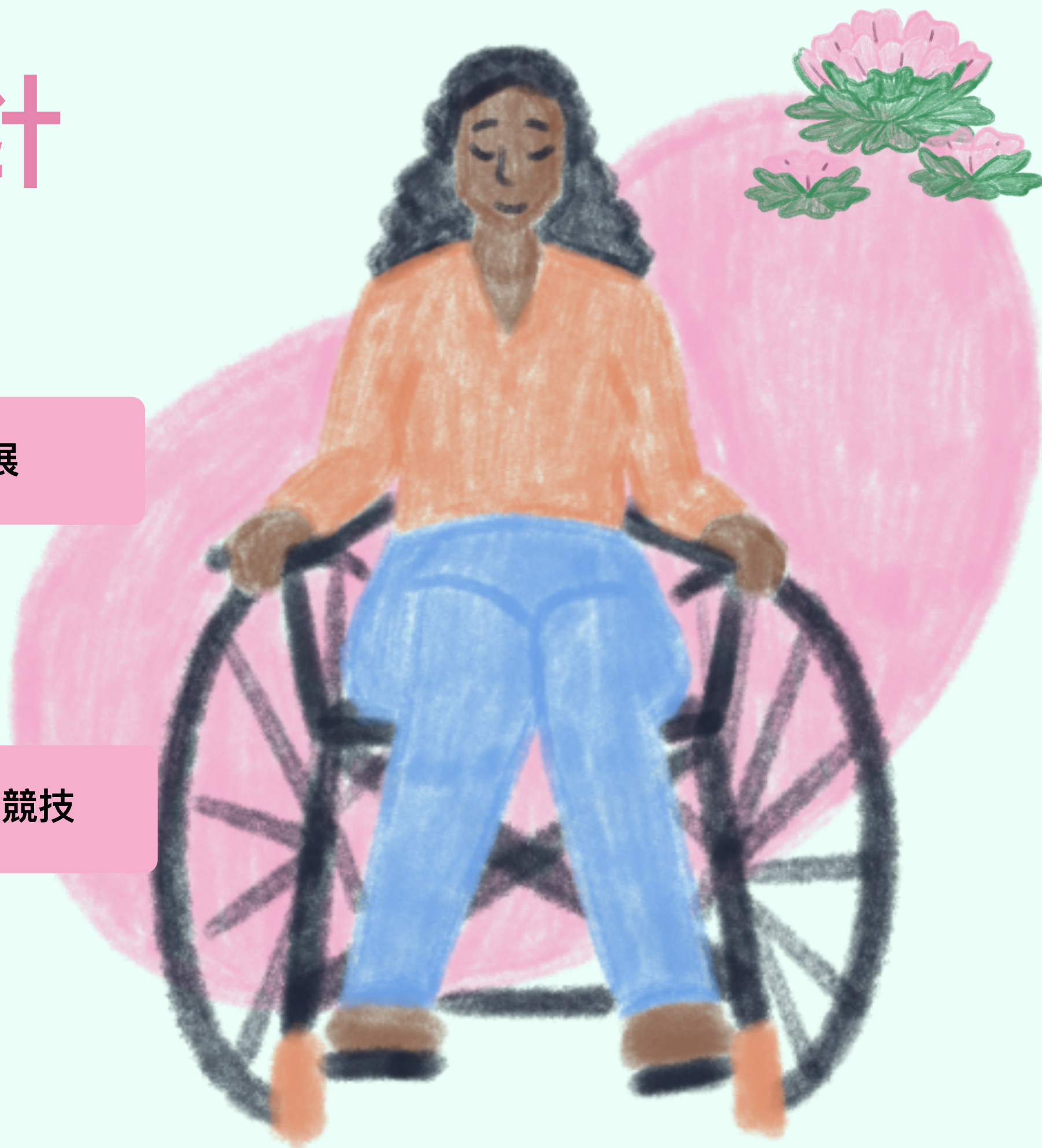
01 術前復康運動

02 術後按摩伸展


03 慢性痛症處理

04 教導合適居家運動

05 重返職場或運動競技



Exercise prehabilitation during neoadjuvant chemotherapy may enhance tumour regression in oesophageal cancer: results from a prospective non-randomised trial

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Exercise During Chemotherapy for Cancer: A Systematic Review

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化療期間/術前 復康運動效果

- 減輕發炎反應
- 維持免疫力
- 保持健康體魄
- 提升化療效果

Walker, R. C., Pezeshki, P., Barman, S., Ngan, S., Whyte, G., Lagergren, J., Gossage, J., Kelly, M., Baker, C., Knight, W., West, M. A., Davies, A. R., & Guy's & St Thomas' Oesophago-gastric Research Group (2024). Exercise During Chemotherapy for Cancer: A Systematic Review. *Journal of surgical oncology*, 130(8), 1725–1736. <https://doi.org/10.1002/jso.27845>

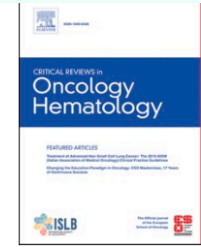
Zylstra, J., Whyte, G. P., Beckmann, K., Pate, J., Santaolalla, A., Gervais-Andre, L., Russell, B., Maisey, N., Waters, J., Tham, G., Lagergren, J., Green, M., Kelly, M., Baker, C., Van Hemelrijck, M., Goh, V., Gossage, J., Browning, M., & Davies, A. (2022). Exercise prehabilitation during neoadjuvant chemotherapy may enhance tumour regression in oesophageal cancer: results from a prospective non-randomised trial. *British journal of sports medicine*, 56(7), 402–409. <https://doi.org/10.1136/bjsports-2021-104243>



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Critical Reviews in Oncology / Hematology

journal homepage: www.elsevier.com/locate/critrevonc



What is the role of physical exercise in the era of cancer prehabilitation? A systematic review

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化療期間/術前 復康運動效果

有氧+阻力訓練

30-40分鐘，每週3-4次

2-8 星期

- 縮短術後留院時長
- 降低手術後遺症風險
- 促進身心康復進程
- 提升生活品質

Del Bianco, N., Borsati, A., Toniolo, L., Ciurnielli, C., Belluomini, L., Insolda, J., Sposito, M., Milella, M., Schena, F., Pilotto, S., & Avancini, A. (2024). What is the role of physical exercise in the era of cancer prehabilitation? A systematic review. *Critical reviews in oncology/hematology*, 198, 104350. <https://doi.org/10.1016/j.critrevonc.2024.104350>

運動建議

如何分辨運動強度

Categories of exercise and physical activity intensity



	Sedentary	Light	Moderate	Vigorous	High
測量方式	<1.6 METs <40% HRmax <20% VO ₂ max RPE < 8	1.6-3 METs 40-55% HRmax 20-40% VO ₂ max RPE 8-10	3-6 METs 55-70% HRmax 40-60% VO ₂ max RPE 11-13	6-9 METs 70-90% HRmax 60-85% VO ₂ max RPE 14-16	≥9 METs ≥90% HRmax ≥85% VO ₂ max RPE ≥ 17
描述	- 大部分時間是坐著或是躺著的狀態 - 日常生活中的看電視、開車等等較低能量需求的行為都包括在此	- 有氧活動，但不太會改變呼吸頻率，例如做家事等等 - 這個強度可以維持60分鐘以上	- 是一個還有餘裕可以持續說話的活動強度，例如河濱悠閒騎腳踏車 - 時間通常可以維持30-60分鐘	- 會呈現可以說話，但沒辦法一直講的狀態 - 運動時間大概可以維持30分鐘	- 通常沒辦法維持10分鐘 - 這樣的能量消耗速度，通常不會發生在日常生活中

METs, metabolic equivalent; HRmax, Maximal Heart Rate; VO₂max, maximal oxygen uptake; RPE, Rating of Perceived Exertion
Position statement on physical activity and exercise intensity terminology, 2009

運動
星期150分鐘，中等強度或；

星期75-150分鐘，高強度

訓練
週最少2次，每次20分鐘

少2組，8-15下，最大重量(1RM) x

60%



注意事項

聽從醫囑

完成療程或手術後，必須休息最少8星期並通過醫生評估方可投入運動訓練。

循序漸進

由低強度運動開始，切勿操之過急。

量力而為

若出現發燒、劇痛、急性水腫，請暫停運動訓練，盡早求醫。



鳴謝

