

# Researchers say resistance exercise boosts outcomes after early-stage breast cancer surgery

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Early resistance exercise following surgery for early-stage breast cancer

improves shoulder range of motion (ROM) and strength at one month and six months postsurgery, according to a study [published](#) online June 5 in *JAMA Surgery*.

Jihee Min, Ph.D., from the National Cancer Center in Goyang-si, South Korea, and colleagues investigated whether an early resistance exercise intervention, initiated day 1 postsurgery and continued for one month, could improve shoulder ROM and strength in patients with breast cancer. Analysis included 54 patients with [early-stage breast cancer](#) who were scheduled for partial or total mastectomy.

The researchers found that at one-month postsurgery, 67.9% in the exercise group had fully recovered shoulder strength versus 3.6% in the usual care group. A similar pattern was seen at six months, with 78.6% in the exercise group having fully recovered shoulder ROM and 85.7% had fully recovered strength versus 21.4 and 17.9%, respectively, in the usual care group. Additionally, there was less loss in [muscle mass](#) and improved [physical activity](#) and quality of life in the exercise group versus the usual care group.

"The findings suggest that an early tailored home-based exercise intervention supplemented with supervised sessions during surgical visit immediately after breast cancer surgery was effective," the authors write.

**More information:** Jihee Min et al, Early Implementation of Exercise to Facilitate Recovery After Breast Cancer Surgery, *JAMA Surgery* (2024). [DOI: 10.1001/jamasurg.2024.1633](https://doi.org/10.1001/jamasurg.2024.1633)

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