

# Movement: A Tool to Optimize Your Bladder Cancer Journey

Guest Presenter:

**Kirstie Pomaranski, NASM, CPT, CETI- CES**



## Kirstie Pomaranski:

All right, so I'm going to show you guys my rule of thumb for how I train myself and the people that I work with here at Life with Cancer, and we're going to just try a little bit of a movement practice together. So I'm going to change my camera angle so you can see a full view and I'm going to adjust here really quickly.

So let's just start really quickly with a nice breathing exercise, bringing those arms up overhead. If you have any shoulder injuries, you can try it in a forward flex motion and then raising and lowering. As you bring those arms overhead, you're going to inhale and exhale, inhale and exhale. Okay, inhale and exhale. Grounding in the moment we're taking the feet hip-width apart, hands on the hips. I want you to just kind of rock back and forth, feeling really solid and grounded in your body. We're going to begin rolling those shoulders back, continuing to breathe, just gentle shoulder rolls.

Now we're going to take it to the front. Just gently opening up, raising those shoulders, allowing the elbows to come out to the side and then opening up in the chest. We're just going to open those arms. criss-crossing the midline, allowing the hands to come out to the side and feeling a nice stretch and pulling sensation in our chest. Continuing to breathe. Beautiful job. We'll do three, two, one.

Hands on the hips. We're going to begin to circle our hips. Just imagining we have a little cauldron and we are making a stirring motion with our hips and a hinging pattern. So that looks like this from the side. You're hinging forward, spine is straight. Thinking about a string that's pulling from the top of your head, the crown of your head to the ceiling. And then let's change directions. So this looks like this from the side.



## Webinar Transcript: Part 2

### Kirstie Pomaranski:

All right, we're going to begin to warm up our knee joints. You can do this in a seated or standing position. If you're in a seated position, I want you to make sure that you're balancing on your sitzvahts, that you have a nice tall spine and you're sliding your heel towards the base of your chair legs. I'm just shifting my weight from side to side, bending the knee as much as I can, getting my heels to my glutes, continuing to breathe.

Let's go back to some shoulders circles, and let's work on some balance and ankle movement. I want you to reach out to the side. If you need to hold onto a countertop or chair or couch, go ahead, lift up your legs and we're going to circle, circle, pointing and flexing the toe in a clockwise position and then taking that counterclockwise for me.

I'm going to go ahead and have you point and flex the toe point and flex the toe, and then shift that weight to the opposite leg. Opposite leg comes out, we're going to draw our toe circles in a clockwise position and then counterclockwise from me. All right, and then point and flex point and flex the toe. Once again, you can do all of these movements in a seated position, if needed.

So we're going to go into our eye gaze, stabilization. Eye gaze stabilization is helpful for balance. I want you to place your fingers on your chin and we're going to extend that arm out in front. We are going to draw in a clockwise circle three to five times, and I want you to try to track your thumbnail with your eyes. When you have your three to five, we're going to change directions. All right, go ahead and take it up and down for me as if we were making a noon and a six, three to five times at your own pace. We're going to take it left to right or top to bottom, three to five times at your own pace. And then changing directions, left to right, top to bottom, three to five times. Great job.

I want you to bring that hand close, close up, close and then far away, up close, far away. One last time and we're going to move into our standing functional movement pattern. So today I'm going to be showing you I have a countertop, which I think is a wonderful addition to helping get more movement into your day-to-day life. And I'm going to have you just march in place. You're leaning your hands against the countertop for support. The farther away you take your feet, the more you engage your core and put pressure on your abdominal wall. If you want to reduce that pressure, you bring your feet closer together and closer to the base of the cabinet and you're going to look to raise that knee as high as you can while maintaining control of your lower extremities.

We're going to do this about three more times and then transition to our dynamic hugs, which is going to work our chest wall. I want you to turn to the side, see my spine, I'm hugging and releasing. I'm making a nice extension and flexion in my spine. This helps prevent lower back or upper back pain, improve mobility. I want you to imagine you're hugging a tree and you're using your best intention to contract those muscles and put your hope molecules into play. Wonderful job. We're here just a little bit, stretch and open, extend in the spine as you come out. We'll continue to breathe. Three, two, and one.

So if you have knee pain, I want you to think about hinging in the hips, holding here and doing a nice isometric chest press. And if you are able to, begin to rise, we're going to do a little bit of a chest press with a quarter squat. So as you stand, you're going to squeeze your backside as if you were going to pull a tissue out of a box, engaging the pelvic floor and working this into your lower body and upper body movement. So we're doing a little isometric chest press, palms pressed together on the stand, and we're just quarter knee bending it. Going at a pace that feels challenging and doable. Let's go. Last three, two, and last one. Nice job.

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Our next movement pattern is going to be a hip hinge. So I'm taking my hands, laying them on the front side of the chest. I'm rolling those shoulder blades down and back. I'm hinging forward in the hip. I am keeping my spine straight. As I come up, I'm going to pull those shoulder blades down and back. Squeezing all the muscles on the backside of the body. This is going to help us strengthen all those muscles that are responsible for helping us have a nice tall spine. Really important as we age, let's give ourselves three more squeeze of that.

All right, our next one. If you don't want to put a lot of pressure on your abdominal wall, you can do some standing chest presses. Imagine with your mind that you're pressing a wall away from you. Another option would be to come against your kitchen counter, you stagger your stance and perform a countertop pushup. Notice that my elbows are on the side of my torso. I'm slowly lowering it down. My leg is out in front to support me. If I want to advance this, I take my feet and take them side by side.

I want you to try to do your best, but listening to your own individual needs. Let's go three, two, last one. All right, we're going to come back up to a nice standing position. Let's reset. Shoulder roll. We're going to do a high level row, a mid-level row and a low to high row just using our body weight. So we are imagining we're pulling resistance bands. We don't actually have to have anything set up to do this. So it's high, mid, squeezing those shoulder blades together. Low to high. You can say it out loud, high, mid, and then low to high. High, mid, low to high. One more round. We've got our mid level and then pulling low to high. Beautiful job. Just circle those arms for me. Taking the tension off the head and neck.

We're going to take those arms 90 degrees and bring them in. You can add a flexion of the hip to make this more of a core balancing heart rate engagement here. Or you can stay right here and really imagining you're bringing those elbows together, squeezing, and then somebody has their hands on the outside of your shoulders as you open them up, they're pushing. So it's a push-pull, continuing to breathe. You should be feeling warm, but notice I can still have a conversation. Okay, this feels nice. All right, one last time.

And we are going to perform a shoulder stabilizing exercise. I'm going to have you, you can start with your feet together to make it more challenging. You can stagger your stance or you can go to a one-legged approach, which makes it more challenging. So we're going to do a Y, a T, and an A. This is an excellent exercise for stabilizing the shoulders. So you're taking those arms up 45 degrees. Notice I'm just using body weight. I have a slight bend in my elbow. Hands finish behind the chest. Front to the side and back. Sometimes it helps to say what you're doing to make that mind-body connection. Let's do a few more here. Front, side and back. Really squeezing. Nice, tall spine. Continuing to breathe. We've got one more round. We're going Y, T, A. Beautiful job.

Rolling those shoulders down and back, we're going to do something for balance and core. This is a modification. We're going to do this on a standing upright position. We're going to raise that left arm and right knee, slowly lower it. This is working across the midline, which is good for brain health, for balance, core strength, we're going to do as many as we can do while maintaining a nice upright position. If you need to hold onto something, it's okay. We're going to work on that. Practice makes perfect. We'll do three, two, and one.

Now this is one of my favorite exercises for helping to improve lower circulation, especially if you've been used to sitting a lot. This is something that you can do to improve circulation. We're going to do a heel raise and a toe raise. It is helpful when getting started to have something like a kitchen counter or a chair to hold onto. We're going to raise up on the balls of the feet, slowly lower it down, and then rock back raising our toes up off the floor. So what we're doing is improving ankle mobility, improving circulation of our lower extremities, and helping to support our knee.

## Webinar Transcript: Part 2

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These are all very gentle exercises that help put those hope molecules into our bloodstream. Wonderful job. We've just finished 10 moves in about 10 minutes. See how easy and simple and straightforward this was. So I'm going to take you through my beautiful, cool down. I want you to use your kitchen counter for this. This is a modified downward facing dog. So you're just going to bend in half, look through those arms, come out into a nice upright position here.

Each time you come down, I want you to think about looking through those arms a little bit more than you could before. Beautiful job. Now while we're here, I want you to practice a little cat-cow in yoga. This is great for flexion of the thoracic spine. You're going to pelvic tilt, strengthening our lower abdominals, going through a range of motion that feels right for your body. If there's any pain or discomfort, you can shorten your range of motion or find something else that you can tolerate. You are the boss here. Last one. Beautiful job.

All right, one of my favorite qigong Tai chi moves. I'm going to have you stagger your stance. We're going to hinge in the hip and just swing the arms. If this doesn't sit right with you, because this makes you dizzy, I want you to just focus on this hip swing and arm swing action. Maybe you're not going to hinge as far forward as I am. We'll do three, two, and last one. Let's change sides. Opposite he leg comes forward, hinging in that hip, using those arms, squeezing our backside. We're feeling a stretch on the backside of the leg, rocking back, lifting those toes up off the floor. And we'll do three, two, last one.

Let's come back to a nice upright position. Rolling those shoulders back, taking some deep restorative breaths. We're going to open up those palms. Taking a nice deep breath, I'm going to have you drop your ear to your shoulder, allowing all the tension, stress, worries of the day to roll off down the street, continuing to breathe, dropping the chin to the chest, head comes back to center. We're going to repeat the same thing on the opposite side. Dropping that ear to the shoulder, allowing that tension, stress, worry to roll off the shoulder and down the street, visualize it. And then drop that chin to the chest. A few final breaths here as we reset and we come back to our power point.

So that is really a perfect example of movement practices that help you perform activities of daily living. We incorporated breath work, we incorporated body weight. We incorporated just a gentle easy movement practice that definitely got the heart rate up. You should be feeling warm, but it's definitely something that you should feel like you could break it down into smaller chunks if you're not there yet.

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