



Eligibility

- ☒ Do you have incurable cancer with local recurrence or metastases?
- ☒ Do you have fatigue or difficulties with functioning because of cancer and its treatment?
- ☒ Do you live in Edmonton, Northern or Central Alberta?

You may be eligible to participate in a research study on a virtual exercise and rehabilitation program.

Contact Information



Study Coordinator
Dr. Christopher Sellar



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What ACTIVE-North Participants Are Saying



Scan the QR code to learn about our participants' testimonials.

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Alberta Health
Services

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Improving Cancer Care

People with advanced cancer may experience fatigue and loss of functioning, starting from diagnosis and throughout their illness journey.

Rehabilitation and therapeutic exercise programs may help to reduce fatigue and improve physical function and quality of life.

Because of symptoms and loss of functioning, people with advanced cancer may have difficulty accessing interdisciplinary support, including onsite rehabilitation and exercise physiology.

This research study brings interdisciplinary experts in cancer rehabilitation and therapeutic exercise to people with advanced cancer in their own homes.

Research Team

The research team includes health professionals from the following disciplines:

- Physiotherapy
- Exercise Physiology
- Occupational Therapy
- Oncology
- Palliative Medicine

Study Objective

The aim of this research study is to determine whether a virtual rehabilitation and therapeutic exercise program can be delivered to people with advanced cancer in their own homes, and the effects of this program on their symptoms, level of functioning and overall quality of life.

This study has received ethical approval from the Health Research Ethics Board of Alberta – Cancer Committee.
HREBA.CC-21-0301

What Participants Can Expect

- An initial telephone call from the study coordinator to determine your eligibility to participate.
- One-on-one virtual consultations with a cancer rehabilitation and/or exercise specialist.
- Individualized rehabilitation and therapeutic exercise program which is tailored to your level of functioning and which can be done in your own home.
- Access to one-to-one virtual exercise sessions, online exercise modules or a supervised interactive online group class.
- Access to one-on-one virtual follow-up with a Pain and Symptom physician.
- A final interview with a study team member to talk about your experience participating in the program