Physiotherapy and physical activity in patients undergoing cardiac or lung cancer surgery

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Cardiovascular diseases are the leading causes of death worldwide. Cardiac surgery is performed to improve prognosis, relieve symptoms, and increase functional capacity in patients with cardiac disease. Postoperative pulmonary complications are common after cardiac surgery, and a reduced lung function can persist a long time after surgery. Physical activity has many positive effects on health, both for healthy individuals and people with disabilities. It is unclear whether there is an association between level of physical activity and recovery of lung function after cardiac surgery. Lung cancer is one of the most frequently diagnosed forms of cancer, and a leading cause of cancer deaths, worldwide. Surgery is the primary approach for curative treatment for patients with lung cancer. Despite the fact that physical activity has so many positive effects, patients undergoing lung cancer surgery often report a low level of physical activity. Patients undergoing lung cancer surgery are often routinely treated by physiotherapists, but this treatment has not been thoroughly investigated, especially with regards to effect on level of physical activity. The purpose of this thesis was to investigate the effect of physiotherapy and physical activity in patients undergoing cardiac or lung cancer surgery. The results of the studies included in this thesis might be used to postoperative physical recovery for these patients.