Ashtabula County Medical Center

Floyd E. Farley
President

2420 Lake Avenue
Ashtabula, Ohio 44004
(216) 998-3111

July 15, 1985

Diane M. Hill, R.N., B.S.N.
Upjohn Healthcare Services
3690 Orange Place, Suite 540
Beachwood, OH 44122

RE: William Price

Dear Diane:

Mr. Price was last seen in our department on July 8, prior to his July 10 departure for Europe. He informed me that he has an appointment to see his physician on August 21.

At this last appointment, Mr. Price reported that he had been experiencing an increase in left shoulder, upper back, and right leg discomfort. He attributed this discomfprt to his warm-up and stretching exercises and he therefore had discontinued them. He related that his apprehension in this regard as being due to experiencing similar symptoms prior to the diagnosis of his cancer.

I have completed coverage of the majority of the material as it pertains to the reconditioning program for Mr. Price. An individually-designed aerobic exercise program has been outlined for him. Also, appropriate stretching and warm-up exercises have been demonstrated. Additional time will be spent on posture and body mechanics.

My concern is Mr. Price's motivation and compliance with this program. The program is designed to be a gradual one progressing from intensity levels far below one's target heart rate to a level of exercise that will assist with cardiovascular conditioning and fitness. This is done to encourage participation and avoid early discouragement. Mr. Price's adherence to guidelines that we have established for his program has been sporadic, in my opinion. My impression is that this is due primarily to his apprehension as to how vigorously he can exercise as well as what the implications may be on his past diagnosis of cancer. He is very cautious of overdoing due to his fear of recurrence of the cancer.

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Perhaps if his physician and you could reassure him regarding the impact of this type of exercise program on his general health and its possible impact on his previously diagnosed cancer.

Please let me know if I can be of further assistance.

Sincerely,

Brian

Brian V. Schreck, LPT

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