

The Royal Marsden Exercise Oncology Study Day

Wednesday 17th September 2025

Audience:

We welcome anyone with a professional interest in physical activity and cancer to attend in support of a collaborative approach across the workforce.

Aims:

This day's objectives are to share insights from science and research alongside examples of good practice to make the case for physical activity to be a standard of care within cancer pathways. We will also explore issues related to accessibility for certain groups and hear directly from patient partners.

Topics to include:

- **The Million Women Study:** What can we learn about exercise and cancer by
Professor Gillian Reeves

- **The Rehab to Exercise Continuum:** An Overview of Complex Presentations led jointly by Specialist Physiotherapists and their Patients:
 - Brain Tumours
 - Vestibular Symptoms
 - Older Adults
 - MyelomaDelegates will go away with clinical insights and useful signposting to help manage these complex patient groups to be more active.

- **Bone Metastases and Exercise: Where are we now?** A panel discussion to explore how this specialist area of exercise oncology has moved forward and to agree the collective unknowns with contributions from orthopaedic surgeons, oncologists, physiotherapists and exercise physiologists. Delegates will have the opportunity to ask the panel questions to guide their exercise prescription and feel more confident in this challenging area

Abstract Submissions:

Submission deadline: 11th July 2025. Please see the guidance on the website link below. Posters will be displayed visually on the day. Four authors will also be given the opportunity to present their work orally during the day. Prizes for the top two posters: Winner £100 / Runner up £50 as eVouchers. Additional queries to: catherine.sandsund@rmh.nhs.uk

Cost:

£150 per Delegate

Venue:

The Royal Marsden Education
and Conference Centre, Chelsea,
Stewart's Grove, London SW3 6JJ

Register:

<https://www.royalmarsden.nhs.uk/exercise>



Get in touch:

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Programme

09:00 Coffee and Registration

09:30 Welcome and Introduction

Sarah Dewhurst, Physiotherapist, LWBC Lead Therapies
The Royal Marsden NHS Foundation Trust

09:45 The Million Women Study: What can we learn about Exercise?

Professor Gillian Reeves, Professor of Epidemiology
University of Cambridge

10:30 Exercise in the Palliative Setting

Matthew Maddocks, Professor of Health Services Research and
Rehabilitation
Kings College London

11:00 Coffee and Networking

11:20 The Rehab to Exercise Continuum: An Overview of Complex Presentations led jointly by Specialist Physiotherapists and their Patients:

- Patients with Brain Tumours
- Patients with Vestibular Symptoms
- Older Adults with Cancer
- Developing exercise services for Car-T and Myeloma

13:00 Lunch & Exhibition Networking Session

13:45 Rapid 15 Poster Presentations

14:45 Comfort Break

15:00 Bone Metastases and Exercise: Where are we now?

A panel discussion with contributions from a patient with lived experience

Members of the Panel:

- Orthopaedic Surgeon - Mr Niall Sullivan
- Oncologist - Dr Nicolo Battisti
- Physiotherapist - Joanne Sowter
- Exercise Physiologist and Specialist Exercise Instructor - Adrian Fautly

16:15 Poster winners announced and close

16:30 Closing Remarks