Methodology. From Pubmed databases, Cochrane Library and Paschal in English and French languages, the literature review focused on the key words “breast cancer, physical activity or exercise, and fatigue.” The research was limited to a period of five years retrospective and articles on physical activity in secondary and tertiary prevention.

Results. The majority of (26) trials and meta-analyzes selected study localized breast cancer population after adjuvant treatment. The physical practices used are “endurance” type and request the aerobic energy system. Fatigue is generally assessed in secondary endpoint. The terms of the physical practices are very different and varied assessment tools with a high frequency of use scale Piper [3]. Compared to a control group, studies recorded an improvement in fatigue for groups trained although this difference is not always significant.

Discussion. The sub-dimensions of fatigue could explain the heterogeneity of results. The literature analysis showed that physical activity is an effective method to improve the state of fatigue. It remains to clarify the dose–response effect to refine the prescription of intensity and duration for the individual optimization results. We make recommendations and perspectives to clarify the methodology and implementation of exercises to prescribe.

References
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Systematic review of barriers to physical activity and motivation for adults with schizophrenia
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Introduction. There is growing evidence that exercise can also be an adjuvant treatment in the treatment of people with schizophrenia. Exercise can reduce psychiatric symptoms and psychological distress and improve health-related quality of life [1]. However, adherence rate to exercise program is low [2]. This systematic review describes the barriers and motivational factors associated with physical activity in adults with schizophrenia.

Method. Pubmed, PsycLIT, Web of sciences were searched with no language restrictions. The search strategy included the following terms (“physical activity” or exercise or “physical therapy” or “physical exercise”) and schizophrenia and (motivation or intention or barrier).

Results. The present review evaluates systematically the published studies of perceived barriers, facilitators and motivational interventions in patients with schizophrenia. Out of 94 potentially eligible studies, 20 papers evaluating barriers (n = 8), facilitators (n = 4) and motivational interventions (n = 8) were included.

Discussion. Exercise motivation seems lower in people with schizophrenia. The perceived barriers were associated with disorders linked with schizophrenia and care management. Motivational intervention associated with exercise program may be effective for increasing exercise participation.

References
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Communications affichées

Version française

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Impact d’un protocole en activités physiques adaptées chez des patients lombalgiques chroniques en restauration fonctionnelle du rachis
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Mots clés : Lombalgies chroniques ; Restauration fonctionnelle du Rachis ; activités physiques adaptées

Objectif. – Évaluer l’impact d’un protocole d’activités physiques adaptées (APA) sur les capacités musculaires et cardiovasculaires de patients bénéficiant d’un programme de restauration fonctionnelle du Rachis.