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Global Dissemination of a Community-Integrated Clinical Exercise Oncology Model: The Maple Tree Cancer Alliance Approach

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Background: As evidence supporting exercise as a standard component of cancer care continues to strengthen, scalable and sustainable implementation models are urgently needed. Maple Tree Cancer Alliance (MTCA) has developed a comprehensive clinical-to-community exercise oncology framework with global reach, serving more than 20,000 patients across 100+ locations in the United States and 34 countries. The MTCA model is designed to improve access, quality, and consistency of evidence-based exercise programming for individuals affected by cancer.

Methods: The MTCA clinical program is embedded within healthcare systems and initiated through formal referral pathways from oncology providers. Following referral, patients complete a standardized fitness assessment including patient-reported outcomes, functional capacity, strength, balance, and cardiovascular measures. Individualized exercise prescriptions are developed according to cancer type, treatment status, comorbidities, and symptom burden, and delivered through supervised, one-on-one exercise programming both in person and virtually. Reassessments occur every 12 weeks to evaluate progress and support long-term engagement. Program data—including referral-to-participation conversion rates, attendance, functional outcomes, safety indicators, and symptom changes—are systematically collected and reported to clinical and administrative stakeholders.

Beyond clinical care, MTCA extends its model into community-based fitness centers by supporting the implementation of structured survivorship programs that maintain clinical fidelity while improving accessibility and sustainability. Workforce development is a foundational component, delivered through standardized Exercise Oncology Instructor (EOI) and Cancer Fit certifications. EOIs are prepared to deliver individualized, evidence-based exercise within clinical oncology settings, while Cancer Fit professionals implement safe, structured survivorship programming in community environments. Internationally, MTCA partners with hospitals, universities, and cancer organizations to deliver these certifications and co-develop context-specific implementation plans, enabling consistent, culturally adapted program delivery across diverse healthcare systems.

Conclusions: MTCA represents a scalable, partnership- and workforce-driven approach to integrating exercise oncology across clinical, community, and international settings, advancing exercise as a standard component of cancer care worldwide.

Keywords

Exercise Oncology, Implementation Models, Cancer Survivorship, Workforce Development

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

Author: WONDERS, Karen (Maple Tree Cancer Alliance)

Presenter: WONDERS, Karen (Maple Tree Cancer Alliance)

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