

Polarity Therapy for Cancer-Related Fatigue

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Abstract

Background: *Could you imagine how horribly cancer fatigue may affect patient's own life?* Cancer Related Fatigue (CRF) is the most prevalent & distressing side effect of cancer treatment whether it is chemotherapy or Radiotherapy. About 70 - 100 % of patients with cancer are complaining of CRF. CRF is completely different from normal fatigue as patient get tired after a low activity, not completely relieved by rest and usually last for a long time which reduces patient quality of life. There is no single available medication to CRF but there are ones to treat underlying causes. Energy Therapies aim to balance the energy fields in the human body and enhance the state of wellbeing through gentle human touch. So, the ***purpose of the study*** is to investigate the effect of polarity therapy (due to its effect on energy balance) on patients with cancer-related fatigue. Polarity Therapy is a form of body work using light touch and gentle rocking movements to balance life energy through four health system (Body work, Diet & nutrition, Exercise and communication). It has been shown to alter brain wave activity and treat chronic fatigue, fibromyalgia, anxiety and malaise.

Methods: Twenty patients (who already experience mild to moderate level of fatigue) will be randomly assigned into two groups; experimental (group I) and control (group II). Group I will receive polarity therapy for three sessions per week, each session varies from 60 to 90 min. The therapist will place hands or fingers according to the technique contemporaneously on positive & negative areas which release blocked energy without even touching painful or affected parts directly. Group II will act as a control.