

Screening of all breast cancer patients scheduled for adjuvant radiotherapy at the University of Heidelberg Medical Center

Written informed consent

Baseline assessments (T0)  
within 10 days before radiotherapy begin

Randomization

Progressive  
resistance  
training

Progressive  
muscle  
relaxation

Intermediate assessments (T1)  
at end of radiotherapy

12 weeks

**N = 80**

12 weeks

**N = 80**

Endpoint assessments (T2)

Short follow-up (T3)  
2 months post-intervention

Follow-up (T4)  
6 months post-intervention

Follow-up (T5)  
12 months post-intervention