THERAPY FOR RELIEF OF SIDE EFFECTS OF CANCER TREATMENTS

Cancer and the side effects of cancer treatment may affect balance and coordination, energy level and endurance, and range of motion.

Bacharach's therapy team offers a wide range of exercise and treatments designed to maximize mobility and function while improving overall well-being.

Many people undergoing treatment for cancer report experiencing Cancer-related Fatigue. CRF is a feeling of being tired that does not improve with additional sleep. It can be an overwhelming feeling of listlessness or exhaustion compounded by the emotional strain of cancer treatment. CRF affects close to 80% of all people undergoing cancer treatment.

PHYSICAL THERAPY FOR RELIEF OF CANCER-RELATED FATIGUE AT BACHARACH

61 West Jimmie Leeds Road
Pomona, NJ 08240

We have
17 PHYSICAL THERAPY CENTERS IN SOUTHERN NEW JERSEY.

Call (609) 652-7000 to find the therapy center closest to you.

Bacharach
INSTITUTE FOR REHABILITATION

bacharach.org • (609) 652-7000

Bacharach Institute for Rehabilitation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Bacharach does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1(609)748-2081.

请注意：如果您讲中文，您可以免费获得语言协助服务。请致电 1(609) 748-2081。

ONCOLOGY PROGRAM

Bacharach
INSTITUTE FOR REHABILITATION

ENHANCING QUALITY OF LIFE DURING AND AFTER CANCER TREATMENT

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SOME CRF SYMPTOMS:

- Lack of energy that does not improve after napping
- Weakness, listlessness
- Difficulty concentrating on a task and completing the task
- Loss of appetite, weight loss
- Lack of interest in social activities
- Feeling exhausted after sleeping through the night

CRF MAY BE CAUSED BY:

Chemotherapy, radiation, surgery or any combination of cancer treatments

DESIGNING THE RIGHT CRF PROGRAM

Active chemotherapy: Customized, personalized program, moderate intensity, short duration, timing of appointments

Post-chemotherapy: Customized and personalized to maximize quality of life and return to prior level of function, including leisure activities, work, hobbies

THERAPIES FOR CRF MAY INCLUDE:

- Targeted stretching and strengthening
- Gentle progressive resistance exercises
- Soft tissue and manual therapy
- Cardio balance and coordination exercises
- Instruction in home exercise program
- Energy conservation techniques

PERIPHERAL NEUROPATHY is another side effect of chemo. Chemotherapy can interfere with the signal from the nerve to the extremities, causing numbness and tingling in the feet and hands. In addition to discomfort, peripheral neuropathy may cause:

- Difficulty walking
- Muscular weakness
- Increased risk of falls and balance disturbances

THERAPIES FOR PERIPHERAL NEUROPATHY

Neurologically trained physical therapists have many options in helping people to manage peripheral neuropathy symptoms:

- Strategies for developing visual balance cues
- Evaluation for an appropriate assistive device
- Core and balance strengthening
- Transcutaneous electrical nerve stimulation (TENS)

LYMPHEDEMA, swelling caused by impaired circulation of the lymph system, may be a side effect of surgery, particularly when lymph nodes are removed. Therapists with special certification in lymphedema treatment can offer:

- Gentle manual therapy and lymphatic drainage
- Education on proper skin care and maintenance
- Education on self-care and wrapping techniques
- Scar tissue mobilization
- Measurement for special compression garments, if appropriate

HEAD AND NECK CANCER

Bacharach offers oncology patients evidence-based assessments and therapy programs/techniques including:

- Clinical swallow evaluations
- Modified barium swallow studies
- M.D. Anderson Dysphagia Inventory (MDADI)
- Eating Assessment Tool (EAT-10)
- Penetration-Aspiration Scale (PAS)
- Swallowing Quality of Life (SWAL-QOL) survey
- Pharyngocise, which is a prophylactic swallowing program
- Iowa Oral Performance Instrument (IOPI)
- Cervical and thoracic myofascial release
- Visi-Pitch for biofeedback voice therapy
- Thermal stimulation
- Sensory awareness therapy for taste and smell
- Meditation therapy for cognition and dysphagia therapies
- Neuromuscular electrical stimulation
- Manual muscle manipulation therapy for improved vocal function
- Head and neck lymphedema management
- TheraBite®

Our Speech-Language Pathology Department is located at the Main Campus in Pomona.

Ask your doctor for a physical therapy prescription to evaluate and treat.

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