Rehabilitation to decrease the effects of cancer and cancer treatments

Cancer and side effects of cancer treatment can affect:
- Balance and coordination
- Energy levels and endurance
- Strength and range of motion
- Circulation
- Participation in your normal activities

Bacharach’s therapy team of physical, occupational, and speech therapists offers a wide range of exercise and treatments designed to maximize mobility and function and improve overall well-being.

Schedule an Appointment:
609-652-7000

Physical therapy has been shown to significantly decrease the effects of cancer and cancer treatment.

Learn more online:
www.bacharach.org

61 W. Jimmie Leeds Road, Pomona, NJ 08240

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 (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 (609) 748-2081.
Bacharach’s Oncology Rehabilitation program targets

- Cancer Related Fatigue (CRF)
- Chemotherapy-Induced Peripheral Neuropathy (CIPN)
- Lymphedema
- Post-surgical and reconstruction related concerns
- Speech and swallowing deficits

Cancer related fatigue
Up to 80% of those undergoing cancer treatment report experiencing CRF. CRF is a feeling of overwhelming exhaustion that does not improve with sleep or rest.

Treatment for CRF may include:
- Targeted stretching and strengthening
- Gentle progressive resistance exercises
- Soft tissue and manual therapy
- Cardio-respiratory or aerobic exercises
- Balance and coordination activities
- Energy conservation techniques

Chemotherapy induced peripheral neuropathy
Chemotherapy can interfere with the signal from the nerves in your extremities. Common complaints of CIPN include numbness, tingling, burning, pain, weakness, or discoordination of the hands or feet. This can lead to difficulty walking, impaired balance, or trouble with basic daily tasks, such as typing, writing, or dressing.

Treatment for CIPN may include:
- Balance and coordination activities
- Strengthening of the extremities and core
- Evaluation for assistive device or adaptive equipment
- Strategies for developing visual balance cues

Lymphedema
Lymphedema is abnormal swelling caused by impaired circulation of the lymphatic system. This may be caused by cancer itself, due to surgery, or radiation therapy.

Therapists with specialized certification and training offer treatment including:
- Gentle manual therapy, including manual lymphatic drainage
- Targeted exercises to improve lymphatic decongestion
- Scar and fibrotic tissue mobilization
- Education on proper skin and nail care
- Individualized recommendations for compression

Post-Surgical and Reconstruction Related Concerns
Surgery to remove cancer may result in pain, limited motion, decreased strength, or changes in posture. Scar tissue may cause tightness, discomfort, and restrictions, even after healing. After lymph node removal, cording, or axillary web syndrome, may develop, causing discomfort. Plastic surgery techniques, including breast reconstruction, may require tailored, individualized interventions with close coordination between the surgeon and therapist.

Therapists with specialized certification and training offer treatment including:
- Soft tissue and manual therapy, including manual lymphatic drainage
- Education on proper skin and scar care
- Range of motion and progressive strengthening
- Postural exercises
- Post-op edema or lymphedema management
- Development and instruction in home exercise program

Cancer Impairment Screening Tool

Question: Have you had any of these problems in the last 2 weeks?
(A problem in one or more areas indicates that oncology rehab may be helpful)

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel achy, stiffness or pain</td>
<td></td>
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<tr>
<td>The range of motion in my joints is decreased/limited</td>
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<tr>
<td>I don’t feel strong</td>
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<tr>
<td>My stamina is decreased</td>
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<tr>
<td>I feel exhausted</td>
<td></td>
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<tr>
<td>I get short of breath with little activity</td>
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<tr>
<td>I feel off balance when I walk or move</td>
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<tr>
<td>Parts of my body feel full or look swollen</td>
<td></td>
</tr>
<tr>
<td>I feel dizzy when I change position</td>
<td></td>
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<tr>
<td>I feel numbness or tingling in parts of my body</td>
<td></td>
</tr>
<tr>
<td>My sex life has changed</td>
<td></td>
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<tr>
<td>My urination habits and bowel movements have changed</td>
<td></td>
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<tr>
<td>I have difficulty with memory and concentration</td>
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<tr>
<td>I have difficulty swallowing</td>
<td></td>
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<tr>
<td>My voice quality or strength has decreased</td>
<td></td>
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<tr>
<td>Other problem:</td>
<td></td>
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</tbody>
</table>

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