

Occupational Therapy for the Cancer Patient

As a part of your complete care, your doctor would like you to have occupational therapy to help improve your physical and mental well-being. An occupational therapy evaluation can be done at any point during your care, from the time of your diagnosis and into long-term survivorship.

The Oncology Rehabilitation Department includes occupational therapists with special training to help you manage the side effects of cancer and its treatment. Your occupational therapist will work with you to design a plan to meet your specific needs and goals. The Oncology Rehabilitation Department will schedule an appointment with you, once they receive the order from your doctor.

Occupational Therapy may include activities:

- To improve your independence with self-care, daily living skills, and return to work
- To manage fatigue and ability to sleep
- To improve your fine motor skills and upper body strength
- To manage changes in your memory, concentration, and thinking
- To manage neuropathy in your hands
- To manage arm and hand pain
- To improve mental health and wellness

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

What will happen at your occupational therapy appointment?

- Your first appointment will take about 1 hour.
- An occupational therapist will review your medical history and talk with you about your current level of functioning.
- You and your occupational therapist will work together to create a plan that may include 1 visit or multiple visits.

Occupational therapy may be covered by your insurance plan. Check with your insurance company about what your plan covers before your first appointment.

Oncology rehabilitation services are available at the following locations:

The Stefanie Spielman Comprehensive Breast Center

Suite 2300
1145 Olentangy River Road
Columbus, OH 43212

The James Cancer Hospital and Solove Research Institute

460 W. 10th Ave.
Columbus, OH 43210

Bob Crane Community Center

Suite 301
3200 Tremont Road
Upper Arlington, OH 43221

The James Outpatient Care

2121 Kenny Road
Columbus, OH 43210

For more information about the Oncology Rehabilitation Clinic, call
(614) 293-0043.