

Physical Therapy for the Patient with Cancer

As a part of your complete care, your doctor would like you to have physical therapy to help improve your physical well-being. A physical 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 physical therapists with special training to help you manage the side effects of cancer and its treatment. Your physical therapist will work with you to design a plan to meet your specific needs and goals.

The Oncology Rehabilitation Department will call to schedule an appointment with you once they receive the order from your doctor.

Research shows that exercise is safe and helpful for most people before, during and after cancer treatment. Adding physical therapy to your treatment plan may:

- Reduce fatigue
- Lessen depression and anxiety
- Improve sleep
- Strengthen your immune system
- Increase your appetite
- Maintain a healthy body weight
- Help with breast cancer-related lymphedema
- Reduce treatment side effects
- Decrease the chance that some kinds of cancers will come back

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

Physical Therapy may include activities to help improve:

- Gait and balance
- Flexibility of joints
- Physical health before cancer surgery or the start of cancer treatment
- Cancer-related fatigue
- Joint pain
- Neuropathy (numbness and tingling in hands or feet) caused by chemotherapy
- Muscle strength, bone health and range of motion
- Lymphedema
- Pelvic floor problems (female and male)
 - ▶ Pelvic Pain
 - ▶ Urinary Incontinence
 - ▶ Vaginal Dryness
 - ▶ Reduced sex drive

What will happen at my physical therapy appointment?

- Your first appointment will take about 1 hour.
- A physical therapist will review your medical history and talk with you about your current level of functioning.
- Your plan of care may involve several visits with your physical therapist, or just one visit, to create a program you can do at home.

Physical 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

1145 Olentangy River Road
Columbus OH 43212

Martha Morehouse Tower

2050 Kenny Road, 6th Floor
Columbus, OH 43221

The James Cancer Hospital and Solove Research Institute

460 W. 10th Avenue, 5th Floor
Columbus, OH 43210

The James Grove City

5775 North Meadows Drive
Grove City, OH 43123

Outpatient Care Dublin

6700 University Blvd
Dublin, OH 43016

For more information about Oncology Rehabilitation services, you may call (614) 293-0043.