

# Cancer Rehabilitation Program



We know that cancer is life changing and Advocate Good Shepherd Hospital's rehabilitation therapists will be there to assist you through your cancer treatment. Our program will work with you to ensure that we maintain your activity level to allow you to keep doing all the things that you enjoy doing!

Common diagnoses that we care for:

- Bladder cancer
- Breast cancer
- Colon and rectal cancer
- Gynecological cancers (ovarian/endometrial/uterine/cervical)
- Head and neck cancers
- Leukemia
- Lung cancer
- Lymphomas
- Prostate cancer
- Spine and brain cancers
- Thoracic cancers

Cancer Rehabilitation may help you if you are experiencing one or more of the following as the result of cancer and/or cancer treatment:

- Difficulty completing routine tasks at home, work, or in the community
- Difficulty with self-care (bathing and dressing)
- Difficulty with speech production or clarity of speech or trismus/jaw problems
- Difficulty with communication, memory, or cognitive/thinking skills
- Difficulty with eating, swallowing, or dry mouth
- Lymphedema or swelling of the arm, leg, head, neck, or other areas
- Lack of endurance/fatigue/weakness
- History of falls or changes to balance
- Joint tightness/lack of flexibility
- Limitations with walking/stair climbing
- Pain and discomfort

## What are the benefits of a Cancer Rehab Program?

Specially trained Occupational Therapists, Physical Therapists, and Speech-Language Pathologists are able to work with you during all stages of your cancer care: pre-treatment, during, as well as years beyond completion for any of the above conditions listed. Therapists work closely with each other as well as with your referring physician, and your clinical nurse navigator (if applicable) to develop an individualized program created with your personal goals in mind.

## **How long is the program?**

The length varies from patient to patient as well as insurance provider coverage. Success of the program depends upon your participation and compliance with the treatment program between appointments.

## **Is this program covered by insurance?**

Most commercial insurance carriers and Medicare cover occupational, physical, and/or speech therapy services. It is best to check with your insurance provider for coverage details.

## **How do I get started?**

You will need to obtain a prescription from a primary care physician or advanced nurse practitioner and contact any one of our 4 locations to schedule an appointment.

## **Do I need cancer rehab?**

The rehabilitation program is designed to address the needs of those impacted by cancer to restore optimal function and well-being. This questionnaire will help your health care provider to develop a specific plan of care to meet your individual needs.

## **Speech Therapy may be needed if there are any issues with the following:**

- Swallowing or eating difficulties
- Impaired communication skills including verbal expression or comprehension
- Reduced speech clarity or slurred speech
- Impaired memory, problem solving, thinking skills, or concentration
- Changes to voice quality or loudness

## **Physical/Occupational Therapy may be needed if there are any issues with the following:**

- Difficulty with self-care (e.g., bathing, dressing, eating)
- Difficulty writing or manipulating small objects
- Impaired coordination
- General weakness/fatigue/lack of endurance
- Limitations with walking distances/climbing stairs
- Reduced range of motion/mobility
- Lack of flexibility/joint tightness/scar tissue
- Shoulder and/or neck problems
- History of falls or loss of balance
- Dizziness or vision changes
- Discomfort and pain
- Swelling of the arm(s), leg(s), head, face, neck or other areas (i.e., Lymphedema)
- Numbness/tingling in the hands or feet (i.e., neuropathy)
- Difficulty functioning at home/at work/in the community/with leisure activities (e.g., chores, shopping, fishing)
- Equipment needs (e.g., walker, tub bench)
- Skin changes