

OUTPATIENT REHABILITATION

Strength after Cancer

Moving on from cancer with Anderson Outpatient Rehabilitation Center

A cancer diagnosis and treatment can leave your body physically drained. Cancer can cause debilitating side effects for patients, compromising their function and quality of life. Fortunately, research has shown that physical rehabilitation can help speed functional recovery, reduce fatigue and help lessen treatment side effects.

Physical Side Effects Following Cancer:

- Fatigue
- Pain
- Decreased muscle strength
- Decreased range of motion
- Reduced bone density
- Lymphedema or swelling
- Poor balance
- Peripheral neuropathy (numbness or tingling)
- Difficulty swallowing
- Decreased cognitive function
- Speech difficulties

In conjunction with your medical team, our therapists work with patients and care givers to maximize their physical abilities to ensure the most effective recovery. The therapists can help maximize strength and function by addressing each of these issues through hands-on therapy, education and exercise. The therapists will develop a comprehensive plan of care that is individualized to each patient for quality of life.

If you are ready to take your recovery to the next level, ask your physician for a referral to initiate treatment.

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ANDERSON

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