



SUCCESS STORIES

After a prostatectomy I started experiencing urgency and frequency of urination. Thinking it was just a side effect I just lived with it. However, more recently, I began to experience additional symptoms of burning and perineal spasms. After seeing my urologist, he diagnosed my problem as pelvic floor disorder and recommended physical therapy. The changes I experienced after a couple sessions were truly life changing. I got instant relief for all the symptoms I had been experiencing. I am not only cured; I am armed with the knowledge of how to address these issues in the future should they ever become a problem again. This physical therapy truly changed my life and I would recommend it for anyone going through a similar situation. – Scott H., Oxford, MI

Therapy Services Locations

McLaren Therapy Services – Flint
G-3239 Beecher Rd.
Flint, MI 48532
Phone: (810) 342-2350
Fax: (810) 342-3652

McLaren Therapy Services – Davison
St. John Family Center
505 N. Dayton
Davison, MI 48423
Phone: (810) 658-5631
Fax: (810) 658-7732

McLaren Therapy Services – Flushing
2500 N. Elms Road, Suite A
Flushing, MI 48433
Phone: (810) 342-5550
Fax: (810) 342-5589



FLINT
mclaren.org/flint

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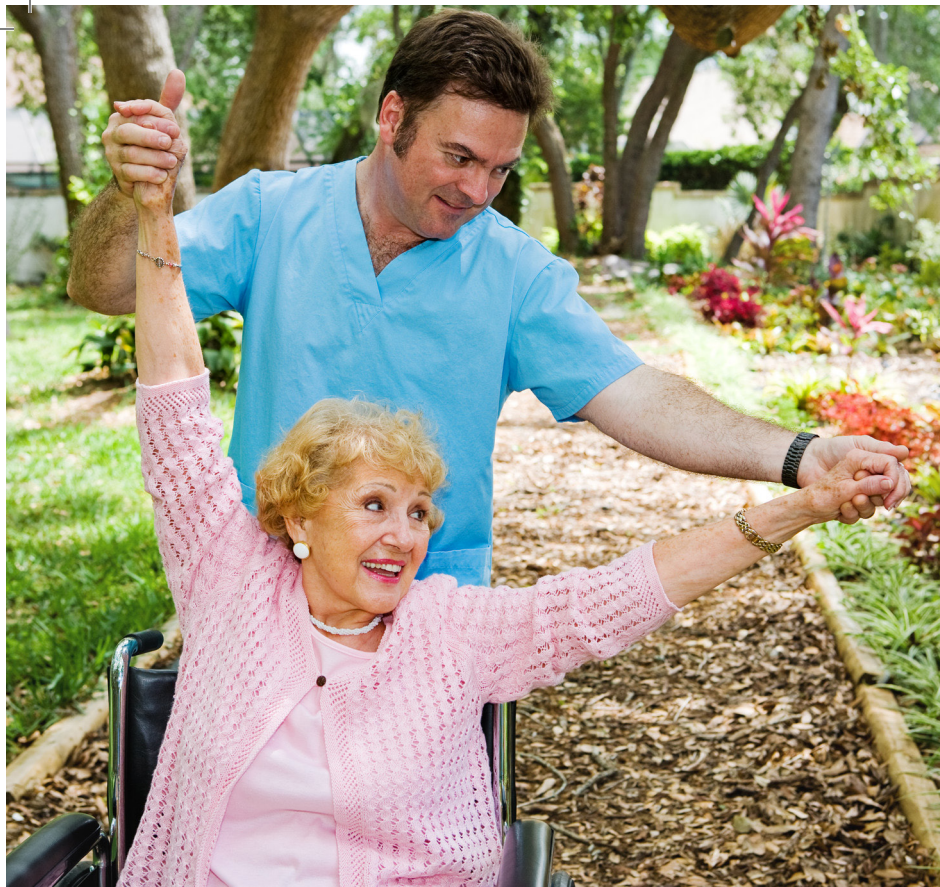
McLAREN CANCER REHABILITATION SERVICES

“Rehabilitation aims to motivate individuals and teach them to regain some control over their lives, their cancer, its treatment and its outcomes, thereby improving their quality of life”

(O'Neill and Leedham 2001).



DOING WHAT'S BEST.®



OUR TEAM INCLUDES:

- Oncologists
- Nurses
- Physical Therapists
- Occupational Therapists
- Speech Language Pathologists
- Social Workers
- Dietitians

BENEFITS OF EXERCISE DURING CANCER TREATMENT

- Maintains muscle strength and endurance
- Helps maintain independence with daily activities
- Increases overall physical ability
- Increases balance to reduce falls and broken bones
- Decreases risk for heart disease
- Decreases risk for osteoporosis
- Increases blood circulation to reduce development of blood clots
- Increases self-esteem
- Decreases nausea

COMPREHENSIVE REHABILITATION THERAPY SERVICES

THERAPY AND REHABILITATIVE SERVICES

- **Inpatient**
 - Hospital therapy services (physical, occupation, and speech) are available immediately following surgery. Therapy can help if you're experiencing difficulty with safe and basic functional mobility or activities of daily living.
- **Outpatient**
 - Physical Therapy
 - Occupational Therapy
 - Speech Therapy
- **Specialty Programs**
 - Lymphedema
 - Pelvic Floor Pain and Dysfunction
 - Bowel and Bladder Dysfunction
 - Balance and Vestibular
- **Wellness Exercise Program**

A MULTIDISCIPLINARY APPROACH

- Cancer and its treatment can have a profound effect on a person's ability to function and continue with their daily activities. Cancer rehabilitation provides an opportunity to enhance a person's daily function, encourage their independence, and increase their overall quality of life.
- To ensure optimal outcomes and quality of life it is important to address not just the cancer but the side effects associated with cancer and its treatment.

Our multidisciplinary approach combines all components of cancer care to provide the highest quality of treatment from the time of diagnosis through survivorship.

SIDE EFFECTS COMMONLY TREATED

- Pain
- Loss of function
- Fatigue
- Muscle weakness
- Decreased range of motion
- Lymphedema/swelling
- Bowel and bladder incontinence
- Bowel and bladder urgency/increased frequency
- Surgical scar adhesions/immobility
- Amputation
- Balance deficits
- Peripheral neuropathy
- Swallowing difficulties
- Difficulty chewing
- Speech difficulties
- Limited jaw movements
- Attention, thinking, or memory deficits

THE AMERICAN CANCER SOCIETY RECOMMENDS THAT CANCER SURVIVORS:

- Participate in regular physical activity
- Avoid a sedentary lifestyle and return to normal activities as soon as possible.
- Are active for at least 2.5 hours per week
- Complete strength training exercises at least 2 days per week.

If you are experiencing any of the side-effects listed, talk with your physician for a possible referral or if you have any questions, call us at 810- 342-5350.