



Fighting Cancer is Hard Physical Therapy Can Help You Optimize Your Recovery

As a cancer patient and survivor you can have a positive impact on many concerns you may experience now and in the future. Physical Therapy can help you prevent, manage, and improve the common complaints listed below:

Common Concerns:	How Physical Therapy Can Help:
Weakness/ Loss of Function	Restore function through strengthening exercises
Fatigue	Improve overall energy levels through exercise
Swelling/Lymphedema	Prevent and/or reduce swelling through manual techniques and compression
Loss of Balance/Falls	Balance and coordination exercises to improve stability and sensory awareness and reduce risk of falls
Decreased Flexibility	Loosen connective tissue, stiff joints, and tight muscles through stretching and manual techniques
Scar Tissue/Cording	Manual therapy techniques and stretching can improve scar mobility leading to improvement in functional movement
Incontinence	Pelvic floor muscles can be strengthened with exercise and manual techniques
Vaginal Tightness (with or without pain)	Pelvic floor muscles can be stretched through exercise with instruction in relaxation and behavior modification
Shortness of Breath/Decreased Endurance	Graded aerobic exercises can be performed to improve endurance
Changes in Posture	Strength and weight bearing exercises can help build or maintain bone density and reduce risk of bone injury
Numbness/Tingling	Balance and coordination exercises improve stability and sensory awareness while reducing risk of falls
Difficulty opening mouth or moving head/neck	Tight jaw and neck muscles can be elongated through manual techniques and exercise to restore function

Please fill out the attached Oncology Functional Assessment Questionnaire on the reverse side to see if physical therapy could be right for you. If you have additional questions about how physical therapy can help you get your life back, call McLaren Clarkston Physical Therapy at (248) 922-6820.



DOING WHAT'S BEST.®

Oncology Functional Assessment Questionnaire

1. My lifestyle before cancer diagnosis Active Sedentary
2. My lifestyle since cancer diagnosis Active Sedentary
3. I have difficulty performing my pre-cancer diagnosis household chores Yes No
4. I have difficulty performing my job as I did prior to cancer diagnosis Yes No
5. I have difficulty exercising for at least 30 minutes, 5 times/week Yes No
6. I have difficulty shopping for groceries/clothes (assuming transportation is available) Yes No
7. I have difficulty driving a car Yes No
8. I have difficulty or shortness of breath climbing a flight of stairs at a normal pace Yes No
9. I have difficulty lifting and carrying groceries Yes No
10. I have difficulty walking Yes No
11. I have difficulty preparing my own meals Yes No
12. I have difficulty feeding myself Yes No
13. I have difficulty dressing/undressing myself Yes No
14. I have difficulty taking care of my own appearance (comb hair or shave) Yes No
15. I have difficulty bathing or showering Yes No
16. I have difficulty getting in /out of bed Yes No
17. I have difficulty getting in /out of a chair or on/off the toilet Yes No
18. The quality of my sleep is different from prior to cancer diagnosis Yes No
19. Do you experience a persistent sense of tiredness that is not proportional to activity level, interferes with usual function, and is not relieved by rest? Yes No
20. Do you experience problems with incontinence? Yes No
21. Do you experience a heavy sensation in your arm or leg; tight fitting clothes or jewelry or shoes? Yes No
22. Do you have any swelling in your arm , leg, trunk, head, neck or genital areas? Yes No

If you answered “yes” to any of these questions, you may be a candidate for physical therapy. You can use this questionnaire to help guide your discussion with your health care provider. If you have questions about how physical therapy can help you get your life back, call McLaren Clarkston Physical Therapy at (248) 922-6820.