

## 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.

Oncology 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, it is important to address not just the cancer but the side effects associated with its treatments.

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

## Benefits of Exercise During Cancer Treatment

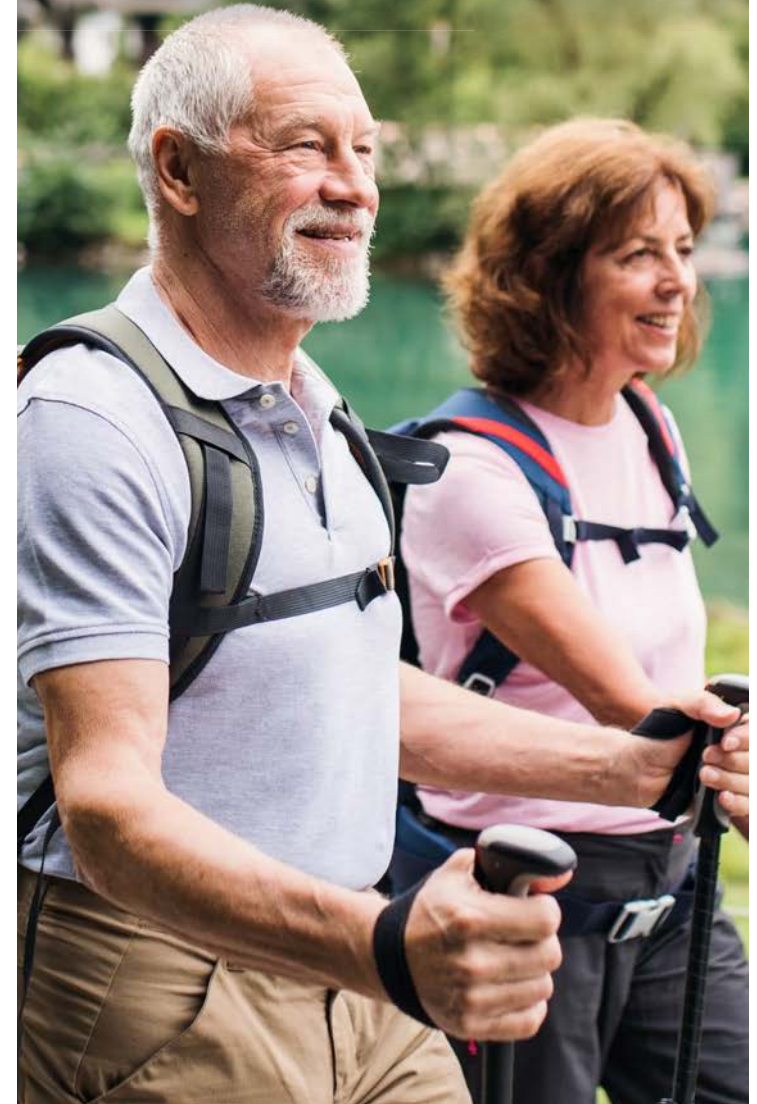
- Maintains muscle strength and endurance
- Promotes independence with daily activities
- Increases overall physical ability
- Improves balance and reduces fall risk
- Improves cardiovascular function
- Decreases risk of osteoporosis
- Helps in the management of fatigue



REHABILITATION SERVICES

8.20.26000

# ONCOLOGY REHABILITATION



DOING WHAT'S BEST.

## Common Diagnoses of Patients Referred to Therapy:

- Breast cancer
- Lung cancer
- Prostate cancer
- Leukemia
- Lymphoma
- Melanoma
- Head and neck cancer
- Colorectal cancer
- Esophageal cancer



## Side Effects Commonly Treated:

- Musculoskeletal or neuropathic pain
- Fatigue
- Muscle weakness
- Postural changes
- Joint stiffness
- Difficulty with walking
- Balance deficits
- Peripheral neuropathy
- Surgical scar adhesions
- Swallowing difficulties
- Chewing difficulties
- Speech difficulties
- Limited jaw movements
- Lymphedema/swelling
- Bowel and bladder incontinence or urgency

## Services Include:

- One-on-one patient-centered care from experienced therapists
- An individualized rehabilitation program to address side effects of chemotherapy and radiation
- Endurance training and energy conservation
- Strength training
- Cardiovascular training
- Stretching and postural education
- Scar tissue management
- Manual techniques
- Fall prevention and balance training
- Gait training
- Lymphedema management
- Patient, family, and caregiver support

## Comprehensive Rehabilitation Therapy Services

### Inpatient:

Hospital therapy services immediately following surgery are available, including physical, occupational, and speech therapy.

Therapy can help if you are experiencing difficulty with safe and basic functional mobility or activities of daily living.

### Outpatient:

- Physical therapy
- Speech therapy

## Specialty Programs Available at Our Jolly Road Location:

- Lymphedema
- Pelvic floor pain and dysfunction
- Bowel and bladder dysfunction

## Therapy Services Locations

### McLaren Oncology Rehabilitation

*Located within Radiation Oncology*  
401 West Greenlawn Avenue  
Lansing, MI 48910  
Phone: (517) 975-3520  
Fax: (517) 975-3525

### McLaren Rehabilitation Services

3994 East Jolly Road Suite B  
Lansing, MI 48910  
Phone: (517) 975-3520  
Fax: (517) 975-3525

[mclaren.org/lansingrehab](https://mclaren.org/lansingrehab)