



# McLAREN OAKLAND OUTPATIENT REHABILITATION LOCATIONS

**McLaren Clarkston** 

Physical Therapy & Lymphedema

5701 Bow Pointe Drive, Suite 310 Clarkston, MI 48346

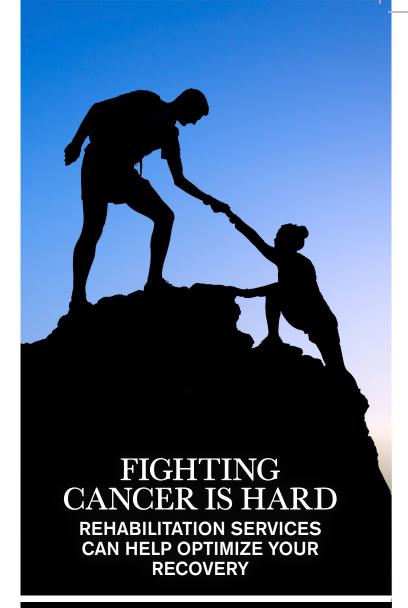
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#### **Pontiac**

### **Occupational & Speech Therapy**

1 North Perry Street Pontiac, MI 48342 Phone: (248) 338-5344

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## COMMON CONCERNS AND HOW THERAPY CAN HELP

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

**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

#### **ONCOLOGY FUNCTIONAL ASSESSMENT QUESTIONNAIRE**

1.	My lifestyle <b>before</b> cancer diagnosis  ☐ Active ☐ Sedentary	15.	I have difficulty taking care of my own appearance (comb hair or shave)  Yes No
2.	My lifestyle <b>since</b> cancer diagnosis  ☐ Active ☐ Sedentary	16.	I have difficulty bathing or showering
3.	I have difficulty performing household chores ☐ Yes ☐ No	17.	☐ Yes ☐ No I have difficulty getting in/out of bed
4.	I have difficulty performing my job  ☐ Yes ☐ No	18.	<ul><li>Yes □ No</li><li>I have difficulty getting in/out of a chair or on/off the toilet</li><li>Yes □ No</li></ul>
5.	I have difficulty exercising for at least 30 minutes, 5 times/week		
6.	☐ Yes ☐ No I have difficulty shopping for groceries/clothes (assuming transportation is available)	19.	The quality of my sleep is different from prior to cancer diagnosis  ☐ Yes ☐ No
7.	☐ Yes ☐ No I have difficulty driving a car ☐ Yes ☐ No	20.	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
8.	I have difficulty or shortness of breath climbing a flight of stairs at a normal pace		
9.	☐ Yes ☐ No I have difficulty lifting and carrying groceries ☐ Yes ☐ No	21.	Do you experience problems with incontinence? ☐ Yes ☐ No
10.	I have difficulty walking  ☐ Yes ☐ No	22.	Do you experience a heavy sensation in your arm or leg; tight fitting clothes or jewelry or shoes?
11.	I have difficulty preparing my own meals ☐ Yes ☐ No		☐ Yes ☐ No
12.	I have difficulty feeding myself ☐ Yes ☐ No	23.	Do you have any swelling in your arm, leg, trunk, head, neck or genital areas?  ☐ Yes ☐ No
13.	I have difficulty swallowing ☐ Yes ☐ No	24.	I have difficulty speaking.  ☐ Yes ☐ No
14.	I have difficulty dressing/undressing myself ☐ Yes ☐ No	25.	I have difficulty with my memory and/or attention.  ☐ Yes ☐ No

If you answered "yes" to any of these questions, you may be a candidate for therapy services. You can use this questionnaire to help guide your discussion with your health care provider.

If you have any questions about how therapy can help you get your life back,

call McLaren Clarkston Physical Therapy at (248) 922-6820.