



**McLAREN MACOMB  
OUTPATIENT REHABILITATION  
LOCATIONS**

**Clinton Township  
Physical, Occupational & Speech  
Therapy**

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[mclaren.org/macomb](http://mclaren.org/macomb)

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# FIGHTING CANCER IS HARD

REHABILITATION SERVICES CAN  
HELP OPTIMIZE YOUR RECOVERY



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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 **before** cancer diagnosis  
 Active    Sedentary
2. My lifestyle **since** cancer diagnosis  
 Active    Sedentary
3. I have difficulty performing household chores  
 Yes    No
4. I have difficulty performing my job  
 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 swallowing  
 Yes    No
14. I have difficulty dressing/undressing myself  
 Yes    No
15. I have difficulty taking care of my own appearance (comb hair or shave)  
 Yes    No
16. I have difficulty bathing or showering  
 Yes    No
17. I have difficulty getting in/out of bed  
 Yes    No
18. I have difficulty getting in/out of a chair or on/off the toilet  
 Yes    No
19. The quality of my sleep is different from prior to cancer diagnosis  
 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
21. Do you experience problems with incontinence?  
 Yes    No
22. Do you experience a heavy sensation in your arm or leg; tight fitting clothes or jewelry or shoes?  
 Yes    No
23. Do you have any swelling in your arm, leg, trunk, head, neck or genital areas?  
 Yes    No
24. I have difficulty speaking.  
 Yes    No
25. I have difficulty with my memory and/or  
 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 Clinton Township Physical, Occupational & Speech Therapy at (586) 783-9581.