

McLaren Print System Order

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Ship Location: McLaren Physical Therapy Clarkston
 5701 Bow Pointe Dr. Suite 310
 Clarkston, Michigan 48346

Brochures
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**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/Contracting | 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 neck | Tight jaw and neck muscles can be elongated through manual techniques and exercise to restore function |

Spec Info:

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.