

Benefits of Cancer Rehabilitation Therapy During and After Cancer Treatment

The National Cancer Comprehensive Network tells us that most people being treated for cancer will have one or more physical side effects during or after their cancer treatment.

Therapy and exercise during and after cancer treatment can help to lessen or even prevent many side effects.

Common long term/late side effects of cancer treatment include:

- Pain
- Feeling tired (fatigue)
- Numbness/tingling (nerve problems)
- Swelling (lymphedema)
- Bone loss (osteopenia)
- Sexual problems
- Weight loss
- Weight gain (some of the drugs you are taking, such as steroids, may increase appetite and make the body retain fluid)
- Dry mouth
- Swallowing problems
- Memory and thinking problems
- Hearing loss

Therapeutic exercise and rehabilitation during and after cancer care will help to lessen side effects and decrease the chance of side effects coming back.

- Therapeutic exercise has also been shown to:
 - Lower anxiety
 - Decrease depression
 - Improve your mood
 - Improve your blood counts
 - Lower fatigue and pain

If you have any of the side effects listed above, call any of your doctors for a referral to cancer therapy. Your therapy will be based on your side effects and may include physical therapy, occupational therapy, speech therapy or audiology (treatment of hearing problems).