Physical Therapy for the Cancer Patient

As a part of your complete care, your doctor would like you to have physical therapy to help improve your physical well-being. A physical therapy evaluation can be done at any point during your care, from the time of diagnosis into long term survivorship.

The Oncology Rehabilitation Department is staffed by physical therapists with special training to help you manage the side effects of cancer and its treatment. Your physical therapist will work together with you to design a plan that meets your specific needs and goals. Once we receive the order from your doctor, an appointment will be scheduled for you.

Physical Therapy services include:

- Gait and balance training
- Flexibility exercises for the arms, legs and trunk
- Exercise programs for fatigue management and strengthening
- Management of lymphedema

What will happen at your physical therapy appointment?

- You should plan about one hour for your first visit.
- You will meet with a physical therapist who has reviewed your medical history and will ask you about your current level of functioning.
- Your plan of care may involve several visits with the physical therapist, or just one visit, to create a program you can perform at home.
Physical therapy may be covered by your insurance plan. Every plan is different. We encourage you to check with your insurance company about what your plan covers before your appointment.

Oncology rehabilitation services are available at the following locations:

The Stefanie Spielman Comprehensive Breast Center
Suite 2300
1145 Olentangy River Road
Columbus OH  43212

Martha Morehouse Tower
2050 Kenny Road, 9th Floor
Columbus, OH 43221

The James Cancer Hospital and Solove Research Institute
460 W. 10th Avenue, 5th Floor
Columbus, OH 43210

For more information about the Oncology Rehabilitation Clinic, you may call (614) 293-0043.

We look forward to the opportunity to work with you!