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 your diagnosis and into long-term survivorship.

The Oncology Rehabilitation Department includes physical therapists with special training to help you manage the side effects of cancer and its treatment. Your physical therapist will work with you to design a plan to meet your specific needs and goals.

The Oncology Rehabilitation Department will schedule an appointment with you, once they receive the order from your doctor.

Physical Therapy may include activities:

- To improve your gait and balance
- To improve the flexibility of your arms, legs and trunk
- To manage fatigue and improve your strength
- To manage lymphedema

What will happen at your physical therapy appointment?

- Your first appointment will take about 1 hour.
- A physical therapist will review your medical history and talk with you about your current level of functioning.
- Your plan of care may involve several visits with your physical therapist, or just one visit, to create a program you can do at home.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Physical therapy may be covered by your insurance plan. Check with your insurance company about what your plan covers before your first 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, 6th 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, call (614) 293-0043.