



Rehabilitation After a Brain Tumor

Brain tumor survivors often face a wide range of physical, cognitive, and emotional challenges following surgery, radiation, and chemotherapy. The recovery process is unique for everyone, and it is important to understand the potential long-term effects and the rehabilitation steps that can help your life your best life.

Common Symptoms Include:

Physical Symptoms

- Fatigue
- Weakness
- Spasticity
- Headaches
- Seizures
- Pain

Cognitive Symptoms

- Memory Problems
- Attention and focus issues
- Processing Speed
- Speech & Language Difficulties

Emotional and Psychological Symptoms

- Mood Instability
- Depression
- Anxiety

How Can Rehabilitation Help?

1. **Improves Function:** Neuroplasticity allows the brain to form new neural connections to compensate for damaged areas. Rehabilitation stimulates these connections through targeted activities.
2. **Reduces Complications:** Early rehabilitation reduces risks like muscle weakness, contractures, depression, or malnutrition.
3. **Optimizes Quality of Life:** Patients can return to meaningful activities and regain as much independence as possible.

What Does Rehabilitation Include?

- **Cancer Rehabilitation Physician:** Diagnoses the cause of impairments and provides treatment for pain spasticity and other issues.
- **Physical Therapy:** Helps regain strength, balance, and coordination.
- **Occupational Therapy:** Assists with relearning daily activities and enhancing independence.
- **Speech and Language Therapy:** Supports recovery of speech, comprehension, and communication skills.
- **Cognitive Rehabilitation:** Focuses on improving memory, problem-solving, and attention skills.
- **Psychological Support and Counseling:** Helps patients cope with emotional and psychological challenges.

Takeaway Message:

Surviving a brain tumor is a remarkable journey that requires ongoing care and rehabilitation. Optimizing your function and quality of life is best achieved by working with a team of rehabilitation specialists to provide treatments individualized to your unique needs.



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References: Thakkar P, Greenwald BD, Patel P. Rehabilitation of Adult Patients with Primary Brain Tumors: A Narrative Review. *Brain Sci.* 2020 Jul 29;10(8):492. doi: 10.3390/brainsci10080492. PMID: 32751074; PMCID: PMC7464729. Stubblefield, M. D. (2026). *Cancer rehabilitation: Principles and practice*. Springer Publishing. *Brain Neurorehabil.* 2022 Nov;15(3):e25 <https://doi.org/10.12786/bn.2022.15.e25> pISSN 1976-8753-eISSN 2383-9910.

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