



What is Cancer Rehabilitation?

Cancer rehabilitation is a specialized, multidisciplinary program designed to help the person affected by cancer and its treatments maintain or restore their physical, emotional, and social well-being. It aims to reduce side effects of cancer and cancer treatments, improve function, and enhance the overall quality of life for patients during and after cancer treatment.

When is Cancer Rehabilitation Provided?

1. **Prehabilitation:** Before treatment begins, to prepare the body for surgery, chemotherapy, or radiation therapy.
2. **During Treatment:** To manage side effects like pain and fatigue while maintaining function.
3. **Post-Treatment:** To recover lost abilities and address lingering or late-onset side effects.
4. **End of life:** When cancer can't be cured, it can help manage pain and maintain independence for as long as possible.

Who provides Cancer Rehabilitation?

A comprehensive rehabilitation program often involves a team of specialists that ensures that all aspects of rehabilitation are addressed.

- **Cancer Rehabilitation Physician:** Diagnoses the cause of impairments and design a personalized treatment plan that may include medications, injections and various types of therapy.
- **Physical Therapy:** Enhances strength, flexibility, posture, balance, and pain relief for better daily function.
- **Occupational Therapy:** Restores independence in tasks like dressing, cooking, and bathing.
- **Speech & Swallowing Therapy:** Aids communication and swallowing, especially post-cancer treatment.

- **Lymphedema Management:** Uses drainage and compression to reduce limb swelling.

What to expect?

- **Personalized Care:** A multidisciplinary team will create a tailored plan based on your specific needs.
- **Symptom Management and Physical Recovery:** Helps alleviate pain, fatigue, and other side effects like memory issues or difficulty swallowing. It could help rebuild strength, mobility, balance, and endurance.
- **Improved Functionality:** You'll work toward regaining independence, returning to work or hobbies, and enhancing overall well-being.
- **Realistic Goals:** The process involves setting achievable milestones and working gradually toward them with the support of your care team.

Conclusion.

Cancer rehabilitation is a collaborative effort aimed at helping you recover physically and emotionally while restoring your ability to enjoy daily life. Always consult with your healthcare team to develop a personalized rehabilitation plan that meets your specific needs.



International Cancer
Rehabilitation Foundation®

Wood KC, Bertram JJ, Kendig TD, Pergolotti M. Understanding Patient Experience with Outpatient Cancer Rehabilitation Care. *Healthcare (Basel)*. 2023 Jan 25;11(3):348. doi: 10.3390/healthcare11030348. PMID: 36766923; PMCID: PMC9914453. [What is Cancer Rehabilitation | ReVital](#). Maltser S, Cristian A, Silver JK, Morris GS, Stout NL. A Focused Review of Safety Considerations in Cancer Rehabilitation. *PM R*. 2017 Sep;9(9S2):S415-S428. doi: 10.1016/j.pmrj.2017.08.403. PMID: 28942913; PMCID: PMC5627359. Zheng JY, Mixon AC, McLarney MD. Safety, Precautions, and Modalities in Cancer Rehabilitation: an Updated Review. *Curr Phys Med Rehabil Rep*. 2021;9(3):142-153. doi: 10.1007/s40141-021-00312-9. Epub 2021 Jun 19. PMID: 34178432; PMCID: PMC8214054.

Created by: Anju Sanchala

Edited by: Diana Presno