

CLEMENS PHYSICAL THERAPY

BREAST CANCER / CANCER REHABILITATION

People with cancer have a lot to deal with. Some of the difficulties that occur are loss of function and fatigue. During the treatment of cancer, lack of energy due to stress, chemotherapy or radiation is common. Breast cancer surgery can lead to potential loss of strength, movement, and function. Statistically one in three women who undergo lymph node removal during breast cancer surgery develop swelling of the arm.

At Clemens Physical Therapy we can help treat the dysfunction and fatigue you may have during cancer treatment or after breast cancer surgery. Emphasis is placed on exercises to help improve mobility, pain, and function. We understand the special needs during the recovery process of cancer survivors and can help you develop an exercise program that maximizes your mobility, strength, and energy. We can also provide you with important baseline arm measurements before breast cancer surgery so that you can be monitored appropriately for swelling after surgery. We provide education on lymphedema (swelling) prevention, and energy conservation. At this time, we do not offer lymphedema treatment. Our approach works well along with medication and other treatments or surgeries provided by your physician.

** for more information, go to **SEARCH** on our website and type in **CANCER** or **BREAST***

IMPORTANT ASPECTS OF CANCER REHABILITATION

- Fatigue Management
- Restoration of Function
- Restoration of Movement
- Restoration of Strength
- Prevention of Future Problems

TREATMENTS AT CLEMENS PHYSICAL THERAPY

Manual “hands-on” therapy: Very gentle treatment designed with people with pelvic pain in mind. The goal is to stretch tight muscles of the shoulder and back and mobilize joints without aggravating symptoms.

Exercise: Very gentle strengthening and stretching programs in the correct positions designed with cancer survivors in mind. The goal is to decrease fatigue, restore function and prevent future problems.

Biofeedback: Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

Education: Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures. Self-help techniques to help you maintain your progress on your own

Modalities: Moist heat, ice as appropriate to decrease pain and inflammation and loosen muscles.

Clemens Physical Therapy PLLC

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CLEMENS PHYSICAL THERAPY

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**
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