

TORRANCE MEMORIAL ONCOLOGY REHABILITATION PROGRAM

One of the most important aspects of the cancer journey is achieving the fullest possible recovery once cancer treatment is complete. Recovery means not only having control over the disease and reversing the adverse side effects caused by treatment, but also achieving a level of health and vitality to improve and extend life. The Torrance Memorial Rehabilitation Department's team of Occupational, Physical and Speech Therapists assess patients, and plan individualized programs and personalized coaching to achieve physical, functional and social recovery.

Features of this outpatient program include:

Activities of Daily Living and Return to Work Program

- Task mastery, workplace function and ability to perform Activities of Daily Living
- Adaptation to physical limitations and ability loss
- Improved coping with role change and cognitive deficits
- Caregiver training to maintain skills at home

Exercise and Reconditioning Program

- Personalized exercise program to safely improve strength, weight control and overall fitness
- Decreased fatigue and risk of osteoporosis
- Improved balance, joint function and mobility
- Improved sleep, energy level and overall wellbeing
- Information on reduced-cost exercise opportunities in the community

Balance and Fall Risk Program

- Individualized exercise program to improve strength and reduce risk of falls
- Patient and caregiver training on safe movement techniques
- Education on home modifications to promote safety

Lymphedema Program

- Individualized program to reduce swelling and promote fluid drainage
- Compression wraps to prevent fluid re-accumulation
- Exercise program to increase circulation, restore function, maximize range of motion and promote healing
- Comprehensive training to manage lymphedema at home
- Free support group

Incontinence Program

- Exercise program utilizing biofeedback to strengthen pelvic floor muscles
- Education about ways to reduce urine leakage
- Instruction in continuing Kegel exercises at home

Laryngectomy and Swallowing Program

- Training to improve swallowing skill and reduce risk of aspiration
- Improved ability to speak and be understood
- Support and coaching to increase comfort level when eating or speaking in social situations

**Most insurance accepted. Physician referral required.
For more information, call 310-325-9110, ext. 2000.**