

Oncology Rehabilitation Program

One of the most important aspects of the cancer journey is recovery after cancer treatment. Feeling healthy, energized and fit leads to the best quality of life and may reduce the risk of cancer recurrence. The Torrance Memorial Rehab Department's team of occupational, physical and speech therapists provides assessment, an individualized program and personalized coaching to help cancer survivors achieve their optimal level of functioning.



Get back into exercise

- Develop a personalized exercise program and improve overall fitness in a safe and supervised setting
- Benefits include decreased fatigue, improved sense of well-being, weight control, better sleep and increased energy
- Learn about reduced-cost exercise opportunities in the community to continue your fitness program

Lymphedema management

- Individualized program to control abnormal swelling and fluid accumulation that can occur particularly in the limbs as the result of surgery and radiation therapy
- Benefits include reduced risk of infection, improved appearance and better physical function
- Learn how to manage lymphedema at home
- Free monthly support group to meet the therapist and learn from others

Cope with physical limitations and ability change

- Learn simple home and workplace modifications that promote independent functioning
- Improve balance and reduce risk of falls and accidental injury
- Learn cognitive strategies to improve memory problems caused by chemotherapy
- Caregiver coaching to maintain progress at home

Bladder retraining

- Training and biofeedback to strengthen bladder control muscles and reduce urine leakage at home

Swallowing retraining

- Improved coordination of throat function to reduce the risk of choking

Recover from laryngectomy

- Coaching to increase confidence when eating or speaking in social situations

Most insurance accepted. Physician referral required.



For more information, visit [TorranceMemorial.org/rehab](https://www.torrancememorial.org/rehab), or call **310-517-4735** or Torrance Memorial Cancer Resource Center at **310-517-7077**.

Torrance Memorial Medical Center Oncology Rehabilitation Services Referral

Name: _____ Phone: _____

Diagnosis:
Date of onset:
Precautions/Contraindications:
<input type="checkbox"/> OT/PT for lymphedema evaluation and management
<input type="checkbox"/> Occupational therapy evaluate and treat for any of the following: <ul style="list-style-type: none"> ▪ Impaired ability to do self-care, home or community skills (ADLs) ▪ Impaired activity tolerance ▪ Cognitive changes affecting ADLs ▪ Impaired upper extremity function (gross/fine motor, sensation)
<input type="checkbox"/> Physical therapy evaluate and treat for any of the following: <ul style="list-style-type: none"> ▪ Generalized weakness/deconditioned ▪ Impaired range of motion/joint function ▪ Impaired mobility ▪ Cancer related fatigue ▪ Impaired balance
<input type="checkbox"/> Speech therapy evaluate and treat for any of the following: <ul style="list-style-type: none"> ▪ Swallowing difficulties ▪ Impaired speech/voice ▪ Impaired oral motor skills
<input type="checkbox"/> Frequency and duration: _____ x a week for _____ weeks

Physician's name: _____ Fax: _____

Physician's signature: _____ Date: _____ Time: _____