

Rehabilitation Services

NEED MORE INFORMATION?

To make a referral or for more information about our services, please call:

CAPE COD HOSPITAL REHABILITATION CENTER

130 North Street
Hyannis, MA 02601
508-771-9600
508-775-1753 Fax

CAPE COD HOSPITAL REHABILITATION CENTER AT FONTAINE MEDICAL CENTER

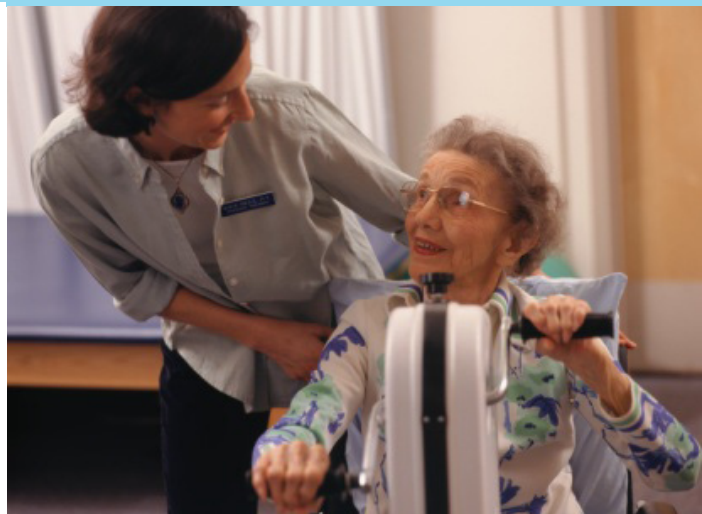
525 Long Pond Drive
Suite 200, Harwich, MA 02645
508-430-3320
508-430-3269 Fax

FALMOUTH HOSPITAL REHABILITATION CENTER

90 Ter Heun Drive
Falmouth, MA 02540
508-495-7600
508-495-7603 Fax

FALMOUTH HOSPITAL REHABILITATION CENTER AT BOURNE MEDICAL CENTER

1 Trowbridge Place
Bourne, MA 02532
508-495-7600
508-495-7603 Fax



6.12/CCHC

Oncology Rehab

*We're taking good care
of Cancer patients.*

For more information visit:

www.capecodhealth.org



CAPE COD HEALTHCARE
We're taking good care of you.™

Oncology Rehabilitation Services

WHAT IS ONCOLOGY REHABILITATION?

Oncology Rehabilitation Services are specifically designed for the individual who has experienced cancer.

WHO CAN BENEFIT FROM ONCOLOGY REHABILITATION?

Any oncology patient who experiences one or more of the following problems:

- Loss of mobility/tightness
- Loss of strength
- Pain/discomfort
- Tight, painful or thickened scars
- Decreased sensation and/or hypersensitivity
- Decreased ability to participate in sports or hobbies
- Postural deficits
- Swelling/lymphedema issues
- Decreased ability to perform daily activities
- Difficulty talking/slurred speech
- Difficulty swallowing or eating

WHAT ARE THE GOALS OF ONCOLOGY REHABILITATION AND WHAT IS DONE TO ACHIEVE THOSE GOALS?

Goals

- Supple and pain free scar mobility
- Increase mobility
- Increase muscle strength
- Resolve swelling
- Improve posture
- Improve skin sensitivity
- Improve function/endurance
- Improve swallow function
- Improve communication skills

Interventions

- Scar management-scar massage techniques, soft-tissue mobilization and taping
- Stretching activities- to lengthen muscles and tissues tightened by surgery and adjuvant therapies
- Strengthening exercises-progressive exercise programs
- Edema management and education
- Postural exercises and education
- Scar management/skin desensitization
- Therapeutic activities and exercise
- Strengthening exercises, teaching compensatory strategies, and education
- Oral-motor exercises and teaching compensatory strategies

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