

Cancer Rehabilitation Program

Outpatient physical therapy strength and conditioning program for cancer survivors

Park Nicollet offers an outpatient physical therapy program for cancer survivors. Our cancer rehabilitation program is for people who are being treated, or have undergone treatment, for cancer. We work with you to develop a personalized exercise program to:

- ◆ Increase endurance, strength and flexibility.
- ◆ Improve balance.
- ◆ Decrease fatigue.
- ◆ Provide education.

How do I schedule an appointment?

A clinician must refer you to the program.

- ◆ If you are currently in the hospital and your clinician refers you to the Cancer Rehabilitation Program—Ask your social worker, nurse or physical therapist to set up an appointment before you leave the hospital.
- ◆ If you are not in the hospital and your clinician refers you—Call the Oncology scheduler to set up appointments, or call **952-993-5900** to set up appointments.

What happens at the 1st visit?

Your strength, balance and level of activity are evaluated by a physical therapist using different tests. Then, you and your physical therapist set goals and create a treatment plan, including how often you will have visits and for how long.

Depending on your specific needs, your physical therapy program focuses on:

- ◆ Aerobic training (endurance).
- ◆ Strength training.
- ◆ Flexibility training.
- ◆ Balance training.



“After my treatment for cancer, I was exhausted. Even simple tasks, like walking, were difficult. The Cancer Rehabilitation Program helped me get my life back. I am in better shape today than I was before my cancer diagnosis. Now, I have the energy to keep up with my grandchildren.”

– BARBARA, A CANCER SURVIVOR

Does health insurance cover this program?

Usually, your health insurance provider covers physical therapy when ordered by your clinician. Call your health insurance provider about your coverage and how many visits they cover.

Multidisciplinary approach

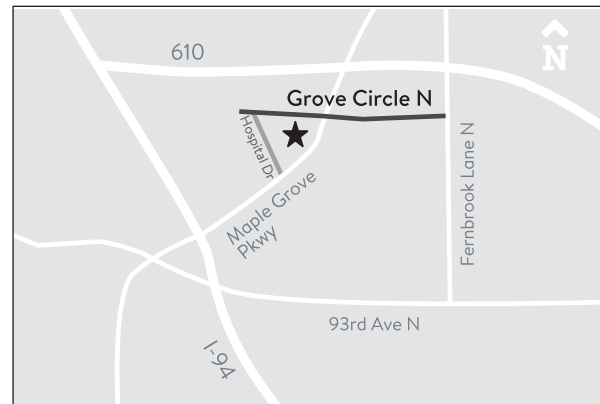
Physical therapy is only one part of the rehabilitation program. We also work with Park Nicollet Fraumshuh Cancer Center’s support staff team. Your team may include psychotherapists, chaplains, dietitians and social workers.

Other services that may be included in the Cancer Rehabilitation Program are:

- ◆ **Physical medicine and rehabilitation**—Clinicians who help manage pain and quality of life
- ◆ **Occupational therapy**—Therapists who help you perform activities of daily living to achieve your highest level of independence

- ♦ **Speech therapy**—Therapists who help with issues including speech, language, voice and swallowing
- ♦ **Pulmonary rehabilitation**—Rehabilitation focused on lung conditions, including lung cancer
- ♦ **Physical therapy**—Therapists who help with functional limitations or pain
- ♦ **Lymphedema treatment**—Rehabilitation that reduces swelling and infection
- ♦ **Lifestyle renewal program**—An integrated approach to pain management
- ♦ **Wound care services**—Clinicians who assess and provide care and education for wounds

- ♦ **Maple Grove Rehabilitation Services**
15301 Grove Circle North
Maple Grove, MN 55369

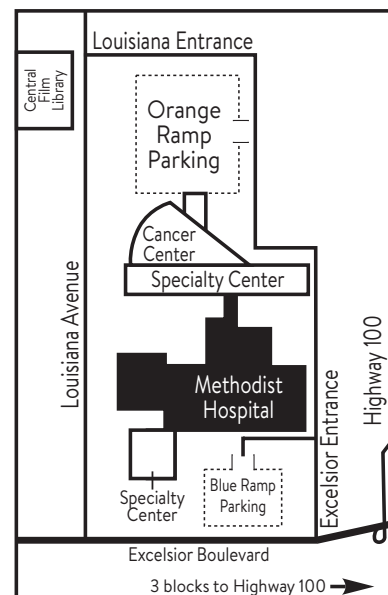


- ♦ **Park Nicollet Specialty Center Methodist**
Rehabilitation and Fitness Center, ground floor
6500 Excelsior Boulevard
St. Louis Park, MN 55426

Locations and phone numbers

To schedule an appointment at any of the 3 locations listed here, call **952-993-5900**.

- ♦ **Park Nicollet Clinic—Burnsville**
14000 Fairview Drive
Burnsville, MN 55337



19295 (6/2018) ©HealthPartners