



ReVital Cancer Rehabilitation Program: Living Well Beyond Cancer

Lisa Moore PT DPT CLT-UE
Cancer Rehabilitation Specialist
Certified Lymphedema Therapist
Center Manager

ReVital Cancer Rehabilitation

Cancer Rehabilitation

A process that helps cancer survivors obtain and maintain the maximal possible physical, social, psychological, and vocational functioning within the limits created by cancer and its treatments.

- **ReVital is the first nationwide comprehensive cancer rehabilitation program** designed for patients and aligned to oncology practice needs.
- We have **certified hundreds of specially-trained cancer rehabilitation therapists** (Physical, Occupational, and Speech and Language Pathologists) under the direction of ReVital Medical Director and former Memorial Sloan Kettering PM&R Chief, Dr. Michael Stubblefield, MD.

Research Indicates...



The number one stressor
for the cancer patient
according to research is....

DISABILITY

<5%

of all cancer patients have
access to comprehensive
cancer rehabilitation
services



OF THE

466K

PT, OT AND SLPS NATIONWIDE,

<5K

have had formal training
on the needs of cancer
patients

Why Cancer Rehab for Survivors?



There are previously held beliefs that cancer survivors should “take it easy and rest” while undergoing treatment and to protect certain body parts for a lifetime following treatment

BUT.....

Recent evidence suggests that exercise can not only improve Quality of Life following treatment, but can limit functional decline during and improve tolerance of treatment. Some studies are showing a reduction in recurrence of certain cancers as well.

What is Cancer Rehabilitation?



Cancer rehabilitation is a process that helps cancer survivors obtain and maintain the maximal possible physical, social, psychological, and vocational functioning within the limits created by cancer and its treatments

What is Cancer Rehabilitation?



Multiple types of Rehabilitation therapists may be involved in Cancer Rehabilitation

- **Physical Therapists (PT's)**
 - Address issues with pain, strength, balance, deconditioning, lymphedema and pelvic floor problems (incontinence, sexual dysfunction)
 - Treat issues with all parts of the body, including joints, muscles and nerves to name a few
- **Occupational Therapists (OT's)**
 - Address issues with the upper body and sometimes the neck
 - Focus on improving activities of daily living, or ADL's, such as bathing, dressing and feeding
 - Focus on cognitive issues such as forgetfulness or concentration
 - Specialized OT's known as certified hand therapists (CHT's) help manage neuropathy caused by chemo
 - In some settings, lymphedema and pelvic floor problems are managed by specially trained OT's
- **Speech-Language Pathologists (SLP's)**
 - Manage issues with speech and swallowing following cancer treatments
 - Address cognitive issues such as forgetfulness, concentration and word-finding difficulties

We are skilled professionals that are trained in managing the following:



- Weakness
- Fatigue
- Lymphedema
- Cognitive problems
- Balance problems
- Difficulty with ADL's
- DME/adaptive equipment needs
- Incontinence
- Sexual dysfunction
- Limited jaw excursion
- Difficulty swallowing
- Speech problems
- Headaches

Still more...

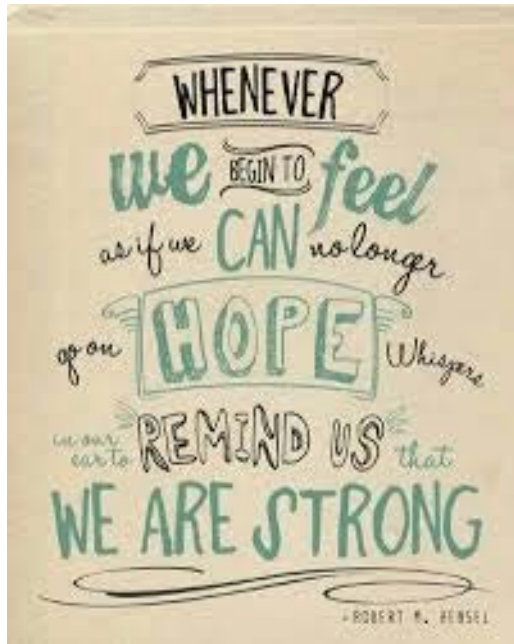


- Decreased neck ROM
- Scapular winging
- Plexopathy
- History of falls
- Peripheral neuropathy
- Difficulty walking
- Radiation fibrosis
- Scar adhesions
- Difficulty returning to premorbid activities

SURGERY

Impairments and Complications

Depending on the surgery performed to remove the tumor or for reconstruction purposes, a cancer survivor may experience:



- Scarring
- Muscle imbalance
- Muscle weakness
- Nerve irritation
- Lymphedema

Post-Surgery:

How Cancer Rehab Can Help

- ✓ Techniques to help manage post-surgical pain
- ✓ Scar tissue massage
- ✓ Gentle stretching to improve mobility
- ✓ Range of motion and strengthening exercises
- ✓ General conditioning and balance activities
- ✓ Lymphedema education and treatment (if needed)



RADIATION

Impairments and Complications



General Side Effects

- Fatigue
- Skin changes
- Decreased lymphatic & vascular functioning or effectiveness
- Decreased muscular elasticity
- Muscle and bone atrophy
- Degradation of cartilage

Late Side Effects

- Joint Dysfunction
- Peripheral neuropathy
- Decreased pulmonary function
- Lymphedema
- Memory loss
- Secondary cancer

Radiation Side Effects: How Cancer Rehab Can Help



- ✓ Graded exercise/activity programs to help fatigue
- ✓ Gentle massage for fibrosis
- ✓ Gentle stretching to improve mobility
- ✓ Range of motion and strengthening exercises
- ✓ General conditioning and balance activities
- ✓ Lymphedema education and treatment (if needed)

Cancer Related Fatigue (CRF)



Usually symptoms are present every day for a 2 week period within the last month

- Generalized weakness and limb heaviness
- Diminished concentration or attention
- Decreased motivation and decreased interest in activities
- Insomnia
- Sleep is not refreshing and not restorative
- Perceived need to struggle to overcome activity
- Marked emotional reactivity
- Difficulty completing daily tasks because of fatigue
- Problems with short term memory
- Post exertion fatigue lasting several hours

Cancer Related Fatigue (CRF) – Potential Causes



Physical Therapy Treatment for Cancer-Related Fatigue

- Posture Education
 - Awareness
 - Endurance Training
- Body mechanics education and training
- Strengthening exercises
 - Resistance Training
- Aerobic exercise
 - Walking, biking, swimming as examples
- Stretching program
- Deep breathing and relaxation techniques/mindfulness training
- Sleep hygiene
- Energy conservation education



APTA Cancer-Related Fatigue Fact Sheet. <https://oncologypt.org/wp-content/uploads/2017/12/Cancer-related-Fatigue-rev-4-10-16.pdf>

Chemo Induced Peripheral Neuropathy



- Damage to the peripheral or autonomic nervous system
- Occurs in 30-40% of patients
- Sensory nerves more vulnerable than motor nerves
- Symptoms can last up to many years following treatment and can affect both sides.

Chemo Induced Peripheral Neuropathy



- ✓ Pain
- ✓ Burning
- ✓ Tingling
- ✓ Numbness
- ✓ Sensitivity to temperature and pressure

- ✓ Muscle atrophy
- ✓ Weakness
- ✓ Balance problems
- ✓ Tripping and stumbling while walking



Therapy Can Address

- ✓ Strategies to increase safety with daily activities
- ✓ Work to improve balance
- ✓ Increase hand dexterity
- ✓ Postural control
- ✓ Sensory retraining
- ✓ Exercises targeting strength and balance
- ✓ Exercises that challenge visual, somatosensory and vestibular systems

Tamoxifen and Aromatase Inhibitors



Aromatase Inhibitors (Arimidex, Aromasin, Femara) and Tamoxifen are common choices of treatment for women with breast cancer:

*Choice depends on if the individual is pre or post menopause

They can cause:

Joint Pain

- Loss of muscle tone, muscle strength
- Loss of tensile strength in ligaments and tendons
- Decreased stabilization in neck, shoulder girdle, pelvic girdle and plantar fascia
- Increased incidence of trigger finger and carpal tunnel
- Incontinence

What is Lymphedema?



Lymphedema is an abnormal accumulation of protein-rich fluid in the tissue which can result in swelling of a body part and fibrosis.

It only impacts the region of the body affected by lymph node removal/damage.

- Upper body for breast cancer survivors
- Lower body for endometrial cancer survivors

NLN Advisory Committee. "Lymphedema risk reduction practices: Position statement of the national lymphedema network." National Lymphedema Network. May 2012. Web. 1 Feb. 2016. <http://www.lymphnet.org/>.

Schmitz K. "Strength After Breast Cancer." Online course. Klose Training Online. 2015. April 2017.

Francis K. "Lymphedema." Online course. 2016. September 2017.

Lymphedema: How is it treated?

Complex Decongestive Therapy (CDT):

- Manual Lymphatic Drainage (MLD)
- Compression wrap and garments
- Meticulous skin care
- Exercise, preferably with compression in place



Pre-habilitation: Pre-operative Evaluation and Education



- Preps the patient for the “journey” ahead
- Provides exercise to help strengthen areas that will be targeted during cancer treatments to help reduce pain and complications
- Baseline information
- Education





<https://youtu.be/XU2fwChpeqE>

**CANCER SURVIVOR
FUNCTIONAL QUESTIONNAIRE**


Patient name: _____ Date: _____

Phone: _____ E-mail: _____

HAVE YOU EXPERIENCED ANY OF THE FOLLOWING:	YES	NO
Pain due to cancer or its treatments (surgery, chemotherapy, radiation, etc.)?		
If yes, where?		
Scars or scar tissue formation following cancer surgery?		
If yes, where?		
Decreased movement/range of motion in your arms, legs, neck, back, or jaw?		
Difficulty with balance?		
Recent or near falls?		
Tingling in hands or feet?		
Difficulty with daily living activities such as toileting, dressing, bathing, driving, etc.?		
Trouble concentrating or remembering?		
Difficulty swallowing or speaking?		
Persistent or intermittent swelling in legs, arms, feet, hands, back, breast, face, or abdomen?		
If yes, where?		
Bowel or bladder problems?		
Weakness?		
Overwhelming fatigue?		
Other concerns:		

If you checked yes to any of these questions, share this form with your doctor and request a referral to a ReVital Cancer Rehabilitation center near you.


 Phone: 818.438.3849 | Fax: 717.547.1037
 MicThomas@selectmedical.com


revitalcancerrehab.com

How do you know if Cancer Rehabilitation is right for you?

Referral to the ReVital Cancer Rehabilitation Program



- Most insurances DO NOT require a prescription from a physician
- Complementary Consultations available
- Patient Service Specialist will verify benefits and schedule the patient for their initial evaluation
- You will be evaluated by the clinician and a plan of care will be determined
- You will be well on your way to your new norm

A single tree with dense, golden-brown foliage stands on a grassy hill. The sun is low on the horizon behind the tree, creating a bright glow and casting a long shadow. The sky is filled with soft, grey clouds, and the overall color palette is dominated by warm yellows, oranges, and greys.

**Start where you are. Use
what you have. Do what you
can.**

Arthur Ashe

Questions....

THANK YOU!

Contact info:

Lisa Moore PT DPT

253-527-5550

LPMoore@selectmedical.com

