

**McLaren Print System Order**

Order No: 44174  
 Order Date: 2019-04-02  
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Ship Location: McLaren Oakland - Clarkston PT dept  
 5701 Bow Pointe Dr. Ste 310  
 Clarkston, mi 48346

Brochures  
 Quantity: 300  
 Paragon Dept No: 8437  
 Dept Name: Clarkston PT and Sports Medicine  
 Company Number: 310

Order Total Price: 62.70

Item Number: MO-25  
 Item Description: Fighting Cancer is Hard Physical Therapy Can Help You Optimize Your Recovery Flyer  
 Revision Date: 1/2019  
 Print:  
 Paper:  
 Size:  
 Fold:  
 Finish:  
 Drill:  
 Misc Info: ds; color; bleed; 32#



**Fighting Cancer is Hard  
 Physical Therapy Can  
 Help You Optimize  
 Your Recovery**

As a cancer patient and survivor you can have a positive impact on many concerns you may experience now and in the future. Physical Therapy can help you prevent, manage, and improve the common complaints listed below:

Common Concerns:	How Physical Therapy Can Help:
Weakness/ Loss of Function	Restore function through strengthening exercises
Fatigue	Improve overall energy levels through exercise
Swelling/Lymphedema	Prevent and/or reduce swelling through manual techniques and compression
Loss of Balance/Falls	Balance and coordination exercises to improve stability and sensory awareness and reduce risk of falls
Decreased Flexibility	Loosen connective tissue, stiff joints, and tight muscles through stretching and manual techniques
Scar Tissue/Contracting	Manual therapy techniques and stretching can improve scar mobility leading to improvement in functional movement
Incontinence	Pelvic floor muscles can be strengthened with exercise and manual techniques
Vaginal Tightness (with or without pain)	Pelvic floor muscles can be stretched through exercise with instruction in relaxation and behavior modification
Shortness of Breath/Decreased Endurance	Graded aerobic exercises can be performed to improve endurance
Changes in Posture	Strength and weight bearing exercises can help build or maintain bone density and reduce risk of bone injury
Numbness/Tingling	Balance and coordination exercises improve stability and sensory awareness while reducing risk of falls
Difficulty opening mouth or moving head/neck	Tight jaw and neck muscles can be elongated through manual techniques and exercise to restore function

**Spec Info:**

Please fill out the attached Oncology Functional Assessment Questionnaire on the reverse side to see if physical therapy could be right for you. If you have additional questions about how physical therapy can help you get your life back, call McLaren Clarkston Physical Therapy at (248) 922-6820.