

Cancer Rehabilitation at Spaulding Malden and Medford

**Find
your
strength.**

About our Program

- Our Centers of Excellence for Cancer Rehabilitation welcome individuals with a history of cancer who have ANY impairments due to their cancer diagnosis and/or cancer treatments.
- We provide a personalized program to:
 - **Regain physical abilities**
 - **Maintain independence and quality of life**
 - **Decrease pain**

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Meet the Team

- Our Clinicians who specialize in Oncology Rehab:
 - PHYSICAL THERAPISTS (PT)
 - OCCUPATIONAL THERAPISTS (OT)
 - SPEECH-LANGUAGE PATHOLOGISTS (SLP)
 - MEDICAL MASSAGE THERAPISTS
 - ACUPUNCTURIST
 - NUTRITIONIST-DIETICIAN (Charlestown)

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Common Conditions we Treat:

- Chemotherapy-induced peripheral neuropathy
- Lymphedema
- Back pain from cancer, metastases or prior treatment for cancer
- Arm, leg or joint pain from cancer, metastases or prior treatment for cancer
- Neck or shoulder pain
- Deconditioning, weakness and fatigue
- Nerve dysfunction
- Cognitive issues
- Swallowing issues
- Difficulty speaking
- Difficulty opening the mouth (trismus)
- Balance and gait difficulty
- Bowel incontinence
- Bladder incontinence
- Sexual dysfunction

Physical Therapy

- Physical Therapy will help preserve, enhance or restore movement, strength, balance and function that has been impacted by your cancer and cancer treatments.
- Exercise
- Education
- Manual therapy
- Aerobic conditioning



Lymphedema

- Education
- Manual massage
- Exercise
- Skin care
- Compression wrapping
- Compression garment fitting.



Occupational Therapy

Occupational Therapy is a critical member of the interprofessional cancer care team.

- help for people with cancer-related impairments improve their quality of life by facilitating engagement in meaningful daily activities
- holistic and creative solutions to improve the individual's overall physical and cognitive function in order to achieve their desired goals



Speech- Language Therapy

- Speech-language therapy incorporates evaluation and treatment for spoken, written and cognitive aspects of communication in addition to swallow deficits that may result from cancer or cancer treatments.
- Goals will be based on individual, functional needs to support you in your daily life
- Therapy sessions combine education and training for skills and compensatory strategies to improve functioning within all settings (home, work, community, etc.)

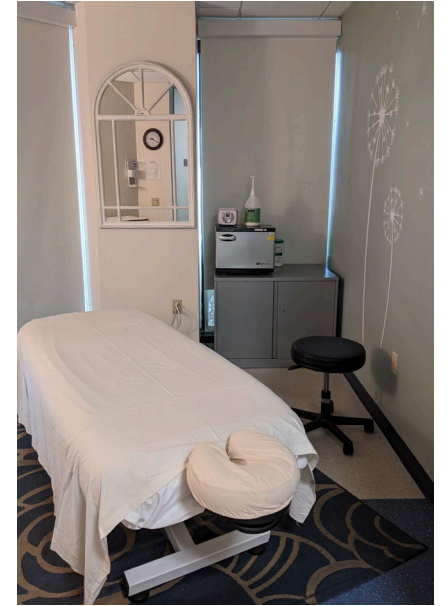
Common conditions resulting from cancer or treatment:

- Cognitive difficulty/ "Chemo Brain"
- Dysphagia
- Voice Disorders
- Word-finding difficulty



Massage Therapy

- **Manual Lymphatic Drainage**
- **Reiki**
- **Scar Tissue Massage**
- **Myofascial Release Techniques**



NOTES to read:

Oncology trained massage therapists use a variety of techniques for help with surgery recovery, chronic swelling, scar tissue, insomnia, pain relief and more

Acupuncture

Providing the expertise to
promote natural healing
and enhance quality of life.

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SPAULDING™
OUTPATIENT CENTERS



- Pain management for Myofascial Pain or Neuropathy
- Promote Energy
- Promote Relaxation

Integrative Medicine Options

- Nutrition Support-Registered Dietician at Spaulding Charlestown
 - Manage Side Effects of Cancer or Cancer treatment to include:
 - Weight loss/weight gain
 - Energy loss
 - Swallowing issues
 - Constipation/diarrhea
- Other Integrative Medicine Options at Spaulding Malden and Spaulding Medford
 - Tai Chi
 - Yoga
 - Self-Hypnosis consult with personalized audio recording

Interested? Contact us

- We need a prescription/ referral from:
 - Primary Care Physician
 - Oncologist
 - Surgeon
 - *prescription not needed for massage or acupuncture
- Contact information
 - Website- www.spauldingrehab.org
 - SRH-Medford
 - 101 Main Street-Suite 101, Medford MA
 - 781-391-7518
 - SRH-Malden
 - 350 Main Street –First Floor, Malden MA
 - 617-952-6420

*** If you are not located close to the Spaulding Medford or Malden area, there are other clinicians in the Spaulding Network who also specialize in the impairments associated with cancer diagnoses and treatment affects. Give us a call or check our various locations at www.spauldingrehab.org for additional information.

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