



WHY CANCER PATIENTS BENEFIT FROM PHYSICAL THERAPY

Cancer, surgery, chemotherapy, radiation and breast reconstruction have profound musculoskeletal, functional and cardiovascular effects.

In addition to skilled physicians, cancer patients need other medical resources to help them cope and recover from their illness. Physical therapy can be a key element in an individual's overall care. Our expert oncology rehab specialists are trained to evaluate and treat pain, cancer-related fatigue, strength deficits, range of motion limitations, and soft tissue restrictions. By treating these conditions, patients are more likely to stay on their radiation/chemotherapy schedules without delays, demonstrate improved mobility and strength, experience decreased pain and ultimately improve their quality of life.

BUILDING FUTURES ONCOLOGY REHAB PROGRAM

ORS' experienced therapists will develop an individualized therapy program for the patient. The program takes into consideration the patient's goals, the physician's recommendations and the therapist's findings. Services can be provided during diagnosis, treatment phases, remission periods and throughout recovery and survival.

SERVICES INCLUDE:

- One-on-one patient-centered care
- Stretching, postural re-education, scar tissue mobility and manual techniques
- Lymphedema risk management
- Cardiovascular, strength and endurance training
- Balance and gait training
- Injury and fall prevention
- Patient, family and caregiver education



Alane Curry, PT, MPT

Alane Curry, PT, MPT has advanced training in oncology rehab; she is currently finishing her certified specialty in Oncology Rehab and will be first "Star-Certified" (Certified Oncology

Rehab Specialist) in the region allowing her to customize evidence-based programs for her patients. Through all phases of cancer, our aim is to educate, inspire and empower our patients to take an active role in their care, their life and survivorship.

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Alane will be transitioning her practice from ORS to Swedish American Health System at 8451 Orth Rd., Loves Park, YMCA. She will assist in furthering development of Swedish American's Oncology Rehab Program. For further information or to schedule an appointment please call (779) 696-2466.

ORS will continue to provide Oncology Rehab Services in the Dixon office.

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