

Program

St. Luke's offers a team of therapists specializing in evaluation and treatment of oncology patients. This customized program focuses on improving mobility, increasing strength and range of motion, reducing pain and managing edema.

- **Physical therapy (PT):** Physical therapists provide evaluation and treatment of movement working to reduce pain and swelling, improve mobility, increase strength and range of motion and restore physical function and performance for home, work, leisure and fitness activities.
 - Specially trained physical therapists in pelvic floor rehabilitation work with patients who have had treatment of cancer in the pelvic region.
- **Occupational therapy (OT):** Occupational therapists provide evaluation and treatment of Activities of Daily Living (ADL's), such as grooming, edema management, dressing, bathing and eating as well as executive functions of managing housekeeping, financial, social and transportation needs. Occupational therapists help identify devices and tools that assist with the performance of independent living skills.
- **Speech-language pathology:** Speech-language pathologists provide evaluation and treatment of speech and vocal production, language needs, swallowing problems and cognitive impairments.
- **Lymphedema system management:** Specially-trained PT's and OT's provide comprehensive lymphedema therapy interventions, such as compression bandaging and garments, skin care, soft tissue body work, manual lymphatic drainage and therapeutic exercises. Education about lymphedema prevention, early detection, and treatment are a focus of this specialty. If it is indicated, you may be referred to a specially trained massage therapist for long-term care.



Before treatment for cancer: Oncology rehabilitation can help identify pre-existing conditions and provide valuable education about how to prepare for cancer treatment and can initiate rehabilitation to optimize mobility and strength.

While undergoing cancer treatment: Oncology rehabilitation can address side effects of surgery, radiation, chemotherapy, biotherapy, hormonal therapy and transplants.

After cancer treatment: Oncology rehabilitation assists with regaining mobility, function, strength and endurance. Rehabilitation also addresses edema management and improve a sense of well being.

To refer your patient, contact:

Phone: (509) 473-6869
Fax: (509) 473-6097

Patient

We specialize in a wide range of rehabilitation services for:

- All cancer related surgeries and cancer treatment
- All breast cancer surgeries / reconstruction
- Head and neck surgeries
- Side effects of radiation therapy and chemotherapy
- Individualized therapeutic exercise programs
- Lymphedema system management
- Balance and neuropathies
- Pelvic floor rehabilitation for men and women after surgery or radiation to the pelvis

Established benefits of exercise programs and oncology rehabilitation include:

- Improved quality of life
- Improved physical ability and functioning
- Improved body image and self-esteem
- Decreased fatigue
- Decreased anxiety
- Decreased sleep disturbances
- Improved social functioning
- Improved bowel and bladder control
- Improved sexual comfort
- Improved management of edema
- Improved long term health

References (2) : Cochrane Library (Cochrane Database of Systematic Reviews : Issue 1 of 12, January 2013) Search: "Exercise and quality of life during and after cancer treatment"

Exercise interventions on health related quality of life for cancer survivors

Shiraz I Mishra , Roberta W Scherer , Paula M Geigle , Debra R Berlanstein , Ozlem Topaloglu , Carolyn C Gotay and Claire Snyder

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Inpatient Case Management

Phone: (509) 473-6058

Fax: (509) 473-6118



www.st-lukes.org



Outpatient Locations

For a list of all outpatient therapy locations near you visit www.st-lukes.org/locations

Phone: (509) 473-6869

Fax: (509) 473-6097

These accreditations assure patients the highest quality care and results possible.



* Visit www.st-lukes.org for a complete list of CARF accredited programs.

St. Luke's is a division of Inland Northwest Health Services (INHS). INHS is a non-profit corporation in Spokane, Washington providing collaboration in health care services on behalf of the community.