

The Benefits of Oncology Rehabilitation

Take a Look at the Evidence!

- Prevent and Reduce Cancer-Related Fatigue^{4,10}
- Increase in Muscle Mass, Strength and Endurance^{6,9,10}
- Increase in Balance⁶
- Increase in Functional Daily Activities^{6,11}
- Increase in Overall Physical Fitness^{4,7}
- Increase in Overall Quality of Life^{7,9}
- Weight Management⁵
- Protection Against Common Side-Effects of Chemotherapy and Radiation^{2,3}
- Lymphedema management¹
- Increase in shoulder ROM following breast cancer surgery^{1,8}
- Reduction in cancer-related pain¹⁴, nausea and vomiting^{12,13}

*****Please contact the Lake Forest Hospital Oncology Rehabilitation Team at 847-535-6250 if you have any questions or would like further information*****

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