

CHEMOTHERAPY

SEQUELAE OF CHEMOTHERAPY

- Psychosocial effects: family, work, social & recreation
- Neuropathies/systemic foot-hand syndrome
(Taxol, Taxotere, etc.)
- Cardiac damage
- Decreased aerobic capacity
- Weight gain/loss (sarcopenia)
- Premature menopause (increased risk of osteoporosis)
- General malaise
- Joint pain/arthralgias
- Cognitive dysfunction ("chemo-brain")
- Cancer Related Fatigue (CRF)
- Herpes Zoster
- Hair loss
- Nausea
- Loss of appetite

PHYSICAL THERAPY DURING ADJUVANT CHEMOTHERAPY

- **Maintain level of conditioning**
 1. walking program
 2. gentle stretching program
- **Prep for radiation**
 1. manual therapy (chest wall, axilla, upper arm)
 2. ROM exercises