



LIVING ON PURPOSE!™ CANCER REHABILITATION PROGRAM

PURPOSE

To create a compassionate and comprehensive “one-stop-shop” for cancer rehabilitation, exercise, and education.

- ~ Pre-surgical screening, baseline measurements and education
- ~ Post-surgical protocols
- ~ Exercise and wellness
- ~ Physical, mental and spiritual support

MISSION STATEMENT

To partner with patients and their health care providers to promote optimized health and healing of mind, body and spirit. To support patients and their caregivers through integrative practices, research and education before, during and beyond treatment.

COMPONENTS

- ~ Rehabilitation
- ~ Exercise and wellness – individual and group
- ~ Psychosocial support
- ~ Nutrition information
- ~ Social activities
- ~ Community education and seminars
- ~ Resource library – books, videos, brochures, folders

PROFESSIONAL NETWORK

- ~ Dietician/nutritionist
- ~ Women’s health P.T.
- ~ Counselors
- ~ Cancer support groups
- ~ DME providers – prosthetics, wigs, garments, etc.
- ~ Medical Doctors
- ~ Fitness and yoga instructors

EXERCISE PROGRAM

Screening

- ~ Vitals: BP, HR, Temperature, SpO₂, RPE
- ~ Par-Q
- ~ Piper Fatigue Scale
- ~ SF-12
- ~ Bruce Protocol Treadmill Test or YMCA Bike Test
- ~ Other appropriate standardized measures

Educational Folders

- ~ Fact sheets
- ~ Resources lists
- ~ Premier-branded journals and pen
- ~ Other cancer-related educational materials

ONCOLOGY REHABILITATION PROGRAM

- ~ Education
- ~ Monitored exercise – aerobic, strengthening, and stretching
- ~ Lymphedema management – MLD, CDT, garments
- ~ Manual therapy – MFR, STM, massage, compensatory balancing, trigger point release