

## LIVING ON PURPOSE!™ CANCER REHABILITATION PROGRAM

Treatment for cancer can cause many potential side effects. These side effects are real. No one can predict ahead of time whether or not you will experience any of these symptoms. What's important is that you know interventions are available for each and every side effect. You don't have to live with pain, weakness, or fatigue. Please know that you can find help at Premier Physical Therapy of Jacksonville. Let us help you!

### What can you do?

Make sure you tell all your physicians what your side effects are. Ask your physicians for a prescription for Cancer Rehabilitation at Premier Physical Therapy. Once you or your physician's office contacts us, help is on the way. Side effects may or may not occur during and after cancer treatment. Just be aware that help is available. Most common side effects from cancer and its treatments include:

1. **Pain** – joint, muscle, headaches, body aches.
2. **Fatigue** – cancer related fatigue is common during and after chemotherapy and radiation. It may last for a few weeks or a few years.
3. **Lymphedema** – swelling in the arms, legs, head, or neck if lymph nodes had to be removed or irradiated.
4. **Decreased joint motion.**
5. **Decreased flexibility** of muscles and connective tissue.
6. **Decreased endurance** from deconditioning or cardiac toxicity from chemotherapy.
7. **Decreased balance** from deconditioning, medication, weakness, or neuropathy.
8. **Neuropathy** – numbness or tingling of hands and feet from chemotherapy.
9. **Decreased strength** in specific muscles associated with surgery and radiation or overall deconditioning.
10. **Insomnia** – lack of ability to sleep through the night, fatigue during the day.
11. **Chemo-Brain** – mental fogginess common during or after chemotherapy and radiation. Memory deficits, word-finding difficulty, etc.
12. **Fear of Recurrence** – fear that any pain, lump, or muscle pull is the cancer returning. Most often, these pains result from fascial tightening and nerve regeneration.

The good news – Premier can help with these side effects and more. Cancer Rehabilitation is available at our location on Beach Boulevard, between San Pablo and Hodges. Specially trained physical therapists, massage therapists, and exercise specialists are on staff to bring you relief. Just ask your physician for a prescription or call us directly for an appointment at 904-996-6922.