What is cancer rehab?
Cancer and its treatments can make it harder for you to do activities or to function everyday as you normally would. Cancer rehabilitation, often referred to as cancer rehab, helps patients get their physical abilities back and maintain their independence.

How can the Mass General Cancer Center Rehabilitation Program help me?
Mass General Cancer Center has a rehab program that can help you live your best. Our program is personalized for you to meet your needs. Coordinated with your treatment team, your rehab is part of your overall cancer treatment. You will:
- Meet with a physiatrist, a doctor with training in physical medicine and rehabilitation, for an in-depth evaluation
- Have access to a team of experienced oncology therapists, including physical and occupational therapists, and speech-language pathologists
- Receive advice/tips on daily living, adapting to changes, learn how to handle both temporary and long-term side effects

The program strives to improve function and quality of life for each patient.

What can I expect at my appointment?
During your appointment, you will have a physical and health history review with your physiatrist to help create a management plan made just for you.

Depending on your needs, you may have additional testing such as tests of strength and balance, blood tests, and/or x-rays. Your physiatrist may also recommend a procedure such as an EMG (Electromyography) or MRI (Magnetic Resonance Imaging). These procedures will be fully explained to you.

Your physiatrist will also talk with you about any medications that may be prescribed for you.

How can I prepare for my appointment?
Write down any questions that you have and bring this list with you. It may be helpful to bring a friend or relative with you to help you remember information.
How can my physiatrist help me after this appointment?
Your physiatrist will refer you to other therapists who will all work together as a team. As part of your management plan, your physiatrist will be an on-going point of contact for you.

Is the Cancer Rehab Program right for me? What are some issues the program can help me with?
The Cancer Rehab Program welcomes patients with a history of cancer who have any impairments due to their cancer diagnosis and/or treatment. Impairments can include:

**Pain**
- Back, arm, leg or joint pain
- Neck or shoulder pain
- Chemotherapy-induced peripheral neuropathy

**Swelling**
- Lymphedema

**Trouble functioning**
- Deconditioning, weakness and fatigue
- Nerve dysfunction
- Cognitive issues (memory, attention, thinking, language)
- Trouble swallowing, speaking or opening your mouth
- Mobility issues (trouble with walking, transfers, or balance)
- Bowel incontinence
- Bladder incontinence
- Sexual dysfunction
- Trouble with activities of daily living

Talk to your treatment team if you are experiencing any other problems not listed here.

How can I get involved?

**Provider Referrals**
Ask your treatment team for a referral to set up an appointment.

**Self-Referrals**

<table>
<thead>
<tr>
<th>Mondays:</th>
<th>Tuesdays &amp; Wednesdays:</th>
<th>Fridays:</th>
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<tbody>
<tr>
<td>MGH Physical Medicine Associates</td>
<td>Spaulding Rehabilitation Hospital</td>
<td>Mass General/North Shore Cancer Center</td>
</tr>
<tr>
<td>5 Longfellow Place, Suite 201, Boston, MA 02114</td>
<td>300 First Avenue, Charlestown, MA 02129-3109</td>
<td>102 Endicott Street, Danvers, MA 01923</td>
</tr>
<tr>
<td>Phone: 617-643-2420</td>
<td>Phone: 617-952-6220</td>
<td>Phone: 978-882-6060</td>
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