

# Mass General Cancer Center Rehabilitation Program

## 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?

Our program is personalized for you to help you live your best. Coordinated with your treatment team, your rehab is part of your overall cancer treatment. You will:

- Meet with a physiatrist, physical medicine and rehab doctor, for an 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

## 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 strength and balance tests, 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.

## 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
- Nerve damage

### *Swelling*

- Lymphedema

### *Trouble functioning*

- Memory, attention, thinking, and language (cognitive issues)
- Walking, transfers, or balance (mobility issues)
- Swallowing, speaking, or opening your mouth
- Doing activities of daily living
- Deconditioning, weakness, and fatigue
- Loss of bladder or bowel control
- Sexual dysfunction

## How can I get involved?

You can call one of the locations below or your treatment team can refer you.

### **Mondays:**

Mass General/North Shore Cancer Center  
102 Endicott Street  
Danvers, MA 01923  
Phone: 978-882-6060

### **Wednesdays:**

MGH Physical Medicine Associates  
5 Longfellow Place, Suite 201  
Boston, MA 02114  
Phone: 617-643-2420

### **Tuesdays:**

*1st, 3rd, and 5th Tuesdays:*  
Spaulding Medford  
101 Main St Suite 101  
Medford, MA 02155  
Phone: 781-391-7518

### **Fridays:**

Mass General/North Shore Cancer Center  
102 Endicott Street  
Danvers, MA 01923  
Phone: 978-882-6060

### *2nd and 4th Tuesdays:*

Mass General Cancer Center Waltham  
52 Second Ave, Suite 1110  
Waltham, MA 02451  
Phone: 781-487-6100