

Now let's talk about **how Physical Therapy & Occupational Therapy can help your recovery.**

Both physical and occupational therapy can help you recover. Physical therapy can help you improve your strength, balance, flexibility, and quality of movement when you do activities or tasks. Physical therapy tends to focus on improving you physically.

Occupational therapy can help improve lymphedema, thinking problems, strength, and activities of daily living. Occupational therapy tends to focus on solving problems that interfere with your ability to do daily tasks.

During your cancer treatment, you may have side effects from chemo, radiation, and medicines. PT & OT can help you reduce these side effects and make the most of your overall function and quality of life.

As therapists, we will take the time to look at your limits and develop a plan of care that fits your needs. Your abilities may change throughout your treatments. We can make changes in your exercises and daily activities to adjust to changes.

If you feel that therapy services may help you, reach out to your doctor for a referral. Or you can call to schedule an appointment with a Cancer Rehab therapist.