

OPTIMIZING FUNCTION: A FIELD GUIDE TO ONCOLOGY PHYSICAL THERAPY

PHYSICAL THERAPY CAN HELP:



build strength



improve endurance



reduce stress



improve pain



Physical therapists are experts in the musculoskeletal system, the system that supports and moves the body. Exercise prescribed by a physical therapist can help patients with cancer be an active participant in their treatment.

Most patients undergoing treatment for cancer experience fatigue. The National Comprehensive Cancer Center has stated that exercise is the most effective intervention for cancer-related fatigue.



Osteoporosis is another common concern with cancer treatment. Exercise prescribed by physical therapists can improve bone health.

OTHER BENEFITS OF SKILLED PHYSICAL THERAPY IN ONCOLOGY



Reduced health-care costs



Reduced risk of injuries and falls.



Increased survivability after diagnosis.



Improved quality of life.



Physical therapists are integral members of the care team for patients who have cancer.

Choose physical therapy.

VISIT [HTTPS://ONCOLOGYPT.ORG/](https://oncologypt.org/) TO LEARN MORE