CANCER SURVIVORSHIP: EXERCISE AND WELLNESS

From the time of diagnosis, the Cancer Survivorship Program brings patients and health care providers together to promote optimized health and healing of mind, body and spirit through integrative practices and education before, during and after cancer treatment.

The programs are offered in a state-of-the-art exercise facility and are designed by physical and occupational therapists who are experts in cancer wellness, exercise and rehabilitation care.

Survivorship Exercise and Wellness
Beaumont Rehabilitation Services
Beaumont Medical Center, Sterling Heights
Rehabilitation & Dialysis Center
44300 Dequindre
Sterling Heights, MI 48314
Phone: 248-964-0700
Fax: 248-964-4020

Beaumont Health Center
4949 Coolidge Hwy.
Royal Oak, MI 48073
Phone: 248-655-5700
Fax: 248-655-5701

Beaumont Rehabilitation Services
23715 Little Mack, Suite 200
St. Clair Shores, MI 48080
Phone: 586-447-4070
Fax: 586-447-4069

beaumont.edu

At Beaumont, all therapists are licensed. In addition, therapists in the Cancer Survivorship Program have experience and specialty training in cancer wellness, exercise and rehabilitation care. These therapists have a comprehensive understanding of exercise and its direct impact on the recovery and survivorship of cancer patients.
Cancer Survivorship Program

Programs designed for you

Physical and occupational therapists, with specialty training in oncology rehabilitation work with your physician(s) to create an individualized wellness and exercise program. First, you will meet with a licensed physical therapist for an exercise screening to determine the best possible exercise program to meet your needs. The emphasis will be on improving movement, balance, promoting fitness and supporting a healthy lifestyle.

• **Supervised exercise program** – Overseen by a clinician, this exercise and wellness program promotes fun, fitness, function and friendship for people before, during or after cancer treatment.

• **Individual wellness** – As a Cancer Survivorship Program participant, you receive a fitness evaluation and individualized exercise or activity plan that you can work on at home or in a fitness center.

• **Physical and occupational therapy** – If you require more specialized care, traditional therapy includes treatment for range of motion, muscle weakness, exercises for urinary and fecal continence in men and women, pain management, lymphedema management, balance, gait training, modifying activities and environments to maintain quality of life and other treatments focusing on your specific impairments or functional limitation(s).

**Physical therapy**

Physical therapy can help you manage movement problems related to weakness, surgical restrictions, low fitness levels and lymphedema. Traditional therapy includes therapeutic exercise, manual techniques, aerobic exercise and lymphedema management.

**Occupational therapy**

Patients with cancer may experience changes in their physical, cognitive and emotional well-being. Sometimes just doing daily activities leaves little energy for leisure, social or work-related tasks. Occupational therapy practitioners have the knowledge and expertise to modify activities and environments to allow individuals to do the things they want and need to do to maintain their quality of life.

In addition to a comprehensive physical therapy plan, the Cancer Survivorship program also offers:

**Multidisciplinary clinic program**

Therapists work closely with oncology nurse navigators and physicians at the multidisciplinary clinics. Multidisciplinary clinics bring the entire team together to manage and coordinate care for each patient. This collaborative approach allows survivors to hear multiple evidence-based opinions on how to manage their disease. Multidisciplinary cancer clinics are the preferred practice model for many health care systems in the U.S. and Europe, and have shown to lead to excellent outcomes and improved patient satisfaction.

**Breast cancer survivor surveillance**

Breast cancer survivors will meet with a physical therapist to proactively find ways to reduce the likelihood and severity of the physical impacts of breast cancer, such as lymphedema, decreased shoulder mobility, pain or other limitations that occur as a result of treatment.

**Speech and language services**

Speech and language services are available for patients as part of the comprehensive care plan when needed.

**ADDITIONAL RESOURCES**

• Wilson Cancer Resource Center  
  Beaumont Medical Center, Sterling Heights  
  Phone: 248-964-3430

• Rose Cancer Resource Center  
  Beaumont Hospital, Royal Oak  
  Phone: 248-551-1339

• American Cancer Society – www.cancer.org

**Insurance information**

Traditional physical and occupational therapy is covered by most insurances; however, reimbursement depends on your benefits program. Discounted programs are available for those who qualify. The Supervised Exercise program is a self-pay program with a minimal cost per session.