### DISEASE SITE & SIDE EFFECT

**Brain tumor/metastasis**
- Hemiparesis
- Balance deficits
- Coordination problems
- Difficulty eating/swallowing/speaking
- Cognitive deficits

**Breast Cancer**
- Limited ROM
- Arm swelling
- Pain (chest wall/shoulder)

**Bone cancer/metastasis**
- Pain
- Back pain (Hx vertebral fracture)

**Colorectal cancer/ GYN cancer**
*Post-surgical challenges:*
- Pain
- Fatigue/weakness
- Lower extremity swelling/edema
- Muscular tightness (hip)

**Head & neck cancer**
- Cervical ROM deficits
- Shoulder pain
- Postural challenges
- Head and neck swelling
- Difficulty eating/swallowing/speaking
- Cognitive deficits

**Hematology**
- Fatigue/weakness

**Lung cancer**
- Fatigue/weakness
- Bone pain

### SYMPTOM & SIDE EFFECT

**Cancer-related Fatigue**
- Increased inactivity/difficulty with gentle activity
- Difficulty with ADLs
- Complaints of fatigue disproportional to activity

**Lymphedema**
- Pain
- Extremity swelling/pitting edema (tightness of jewelry)
- Sense of extremity “heaviness”
- Limited ROM

**Pain**
- Major joint pain (hip, knee, shoulder, etc.)
- Postural deficits
- Core weakness

**Peripheral Neuropathy**
- Tingling
- Numbness
- Pain
- Balance deficits

**Steroid-induced Myopathy**
- Progressive proximal muscle weakness of the upper and lower limbs
- Progressive inability to rise from chairs, climb stairs, and perform overhead activities

### TREATMENT & SIDE EFFECT

**Chemotherapy**
- Fatigue
- Weakness
- Peripheral Neuropathy

**Radiation**
- Fatigue/Weakness
- Radiation scar tissue

**Surgery**
- Pain
- Decreased ROM
- Ambulatory deficits
- Lymphedema

**Steroids**
- Weakness

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**Guidelines for Referral to Therapy for Oncology Patients**

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**Jodie Brown, RN, BSN, OCN**

**Oncology Program Coordinator**

To reach Jodie, call: 215-826-0900

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Guidelines for Referral to Therapy for Oncology Patients

**FOCUS BY THERAPY**

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**CANCER PREHABILITATION**

**Goal/Focus:**
- To prevent or lessen the severity of anticipated treatment-related problems that often lead to later disability.

**When to refer to Cancer Care Specialty Services:**
- Immediately after diagnosis. Our patients undergo physical and psychological assessments to establish their baseline level of function and identify any current impairment. Our treatment team will provide targeted interventions to reduce the risk and severity of future impairments.

**LYMPHEDEMA: COMPLETE DECONGESTIVE THERAPY**

**Goal/Focus:**
- Reduce and mobilize lymph fluid
- Improve function
- Prevent infection

**Five Modalities:**
- Manual Lymph Drainage
- Compression Therapy
- Exercise
- Skin Care
- Self-Care Education