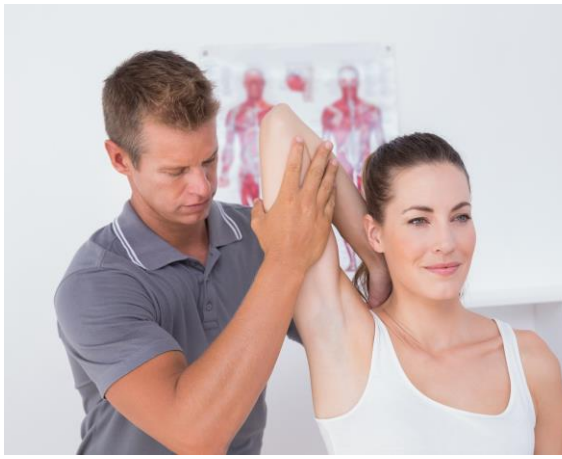
Physical Therapy

How it can help throughout the cancer process

Saskatchewan Physiotherapy Association

Why Choose Physical Therapy?



Physical therapists are experts in the way the body moves. They can help you maintain and improve activity levels through tailored exercise programs, as well as address your symptoms and concerns that may limit your ability to move and participate in activities you would like to pursue. Overall, physical therapy helps to decrease pain and disability while increasing function and quality of life. Physical therapists can help you pre and post treatment in the following ways:

Prevention:

Although there is no known way to prevent any type of cancer, there are certain lifestyle changes that can help to reduce the risk of developing cancer. Becoming physically active and eating a healthy diet on a regular basis can significantly reduce the risk. Other environmental and external factors include: using sunscreen to prevent sun damage as well as limiting alcohol intake and exposure to smoking carcinogens.

Pre & Post Treatment:

Pain: Specific mobilization techniques and modalities (such as cold therapy) specific to your needs

Fatigue: Help with decreased activity levels due to cancer treatment to help improve energy and overall well-being

Lung congestion relief: Assist movement of fluid out of the lungs with compressions to increase quality of breathing

Lymphedema: Use of compression or compression garments to help reduce and manage the amount of localized fluid build-up

Decreased muscular strength and flexibility: Increase strength and flexibility with a specific individualized program to help with stiffness and muscle weakness

Scar mobilization and management: Deep friction massage, mobilizations, laser and ultrasound to help prevent scar tissue build-up (adhesions)

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Find a physiotherapist near you at www.saskphysio.org

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Bone, joint, and soft tissue mobilization: To help with stiffness and flexibility, improving daily movements and activities

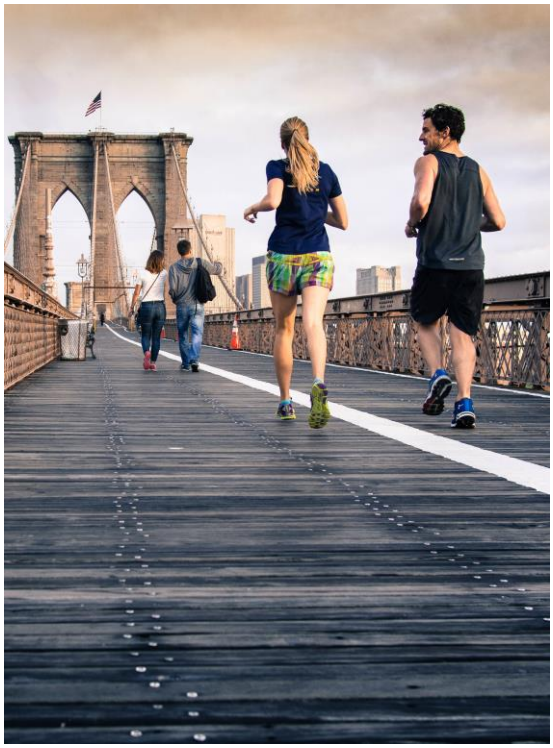
Correct muscular imbalances: Muscular imbalances can lead to multiple negative symptoms, and physical therapy can aid in preventing or improving these complications

Osteoporosis prevention, care and education: Help increase and/or maintain bone strength to prevent fractures

*The symptoms listed are only a few that physiotherapy can help with. Many of the symptoms between pre and post treatment overlap. Talk to your doctor to see if physiotherapy would benefit you!

In Partnership With:

This document was created with the goal of spreading information on how physical therapy can help those effected by cancer. Students from the School of Physical Therapy have created this document in partnership with the Saskatchewan Physical Therapy Association and the Canadian Cancer Society.



"Physical activity can play an important role in reducing the risk of cancer. Research shows that regular exercise can reduce colon cancer risk by 40-50%, reduce breast cancer risk by 30-40% as well as reduce risk of other types of cancer. Exercise for cancer is well tolerated during and after cancer treatments with minimal side effects."

Finding a physical therapist can help with symptoms and concerns as well as develop a physical activity program tailored to your specific needs.

University of Saskatchewan
School of Physical Therapy

Canadian Cancer Society

Saskatchewan Physiotherapy Association

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