

## About Our Services

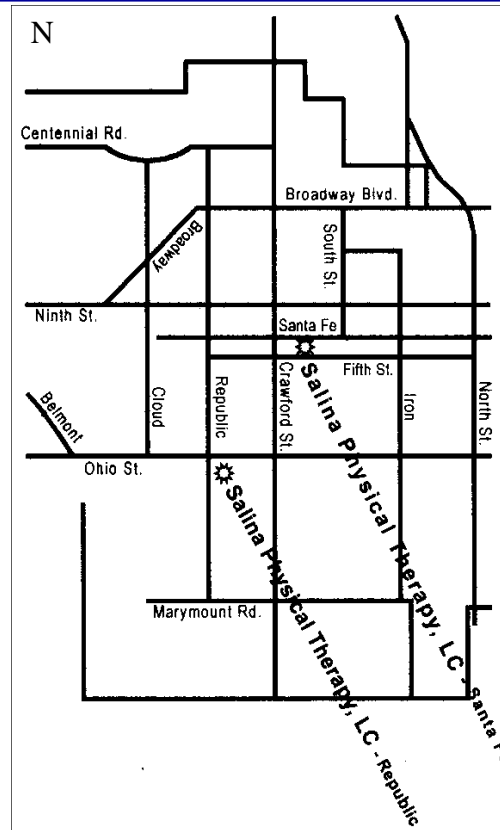
### ***Benefits of Physical Therapy:***

- ⊗ Decreased fatigue
- ⊗ Increased range of motion
- ⊗ Weight management
- ⊗ Improved cardiovascular endurance
- ⊗ Improved functional capacity
- ⊗ Increased self esteem
- ⊗ Increased energy

The concept is simple: The same benefits of exercise in healthy people—lower stress, more energy, a stronger and better-conditioned body—apply to cancer patients. The benefits in many ways come faster and are more significant in cancer patients than in the general population.

### ***Free Screenings***

Although your physician is your best resource, we are available to answer any of your questions. Call (785) 825-1361 to schedule an appointment for a free screening.



#### **SALINA PHYSICAL THERAPY**

521-A S. Santa Fe  
Or  
1101 E. Republic  
Salina, Kansas 67401

Phone: 785-825-1361  
Fax: 785-825-1398

Hours: Monday through Friday  
8:00 a.m.—5:00 p.m.

## Cancer

### ***Cancer and Physical Therapy***

#### **SALINA PHYSICAL THERAPY**

**521-A S. Santa Fe  
or  
1101 E. Republic  
Salina, Kansas 67401**

**Tel: (785) 825-1361**

Physical Therapy Can Help!



# Salina Physical Therapy

## *Cancer Survivorship*

"an individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life. Family members, friends, and caregivers are also impacted by the survivorship experience and are therefore included in this definition."

*~Twambly, R. J Matl Cancer Inst. 2004, 96 (19)*

*"It's not just the quantity of life, but about the quality too."*



## *Staff*

Salina Physical Therapy has two Certified lymphedema therapists, Kaye Prim, P.T., C.L.T. and Ellaina White, C.P.T.A, C.L.T that have been specially trained to use a combination of techniques, including limb wrapping, special compression bandages, and light massage to help drain the fluid. Treatment has been shown to dramatically reduce limb size and prevent infections and other complications related to lymphedema.



### **SALINA PHYSICAL THERAPY**

521-A S. Santa Fe  
Or  
1101 E. Republic  
Salina, Kansas 67401

Phone: 785-825-1361  
Fax: 785-825-1398  
Hours: Monday through Friday  
8:00 a.m.—5:00 p.m.

## *Cancer and Physical Therapy*

Physical Therapy helps cancer patients with the following problems and more:

- ⊗ Cancer-Related Fatigue
- ⊗ Steroid Myopathy
- ⊗ Loss of Range of Motion
- ⊗ Decreased Bone Density
- ⊗ Musculoskeletal Pain
- ⊗ Lymphedema
- ⊗ Radiation Fibrosis
- ⊗ Neuropathy
- ⊗ Decreased Balance or Coordination
- ⊗ Soft tissue restrictions caused to surgical procedures and reconstructions

A Physical Therapy treatment plan is designed based on each individual's diagnosis. Treatment plans typically include:

- ⊗ Improving range of motion after surgery
- ⊗ Generalized strengthening
- ⊗ Core strengthening
- ⊗ Lymphedema education
- ⊗ Improving cardiovascular function
- ⊗ Decreasing pain