



P R E M I E R
PHYSICAL THERAPY

Where it's all about you... all the time.

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CHEMOTHERAPY

SEQUELAE OF CHEMOTHERAPY

- Psychosocial effects: family, work, social & recreation
- Neuropathies/systemic foot-hand syndrome (Taxol, Taxotere, etc.)
- Cardiac damage
- Decreased aerobic capacity
- Weight gain/loss (sarcopenia)
- Premature menopause (increased risk of osteoporosis)
- General malaise
- Joint pain/arthralgias
- Cognitive dysfunction ("chemo-brain")
- Cancer Related Fatigue (CRF)
- Herpes Zoster
- Hair loss
- Nausea
- Loss of appetite

PHYSICAL THERAPY DURING ADJUVANT CHEMOTHERAPY

- Maintain level of conditioning
 1. walking program
 2. gentle stretching program
- Prep for radiation
 1. manual therapy (chest wall, axilla, upper arm)
 2. ROM exercises