

890 Hammond Street  
Bangor, ME 04401  
207-992-4042



51 High Street Suite C  
Dexter, ME 04930  
207-924-0077

[www.resultsphysicaltherapy.org](http://www.resultsphysicaltherapy.org)

AUGUST 2009

### The Role of Physical Therapy in Cancer Care

There are many experiences an individual faces when addressing and receiving the treatment for cancer. Common reports include fatigue, an increase in fluid especially in the arms and legs, pain, difficulty sleeping, difficulty performing life's daily activity, decreased range of motion and strength, loss of balance, difficulty walking, and a diminished self-image. All of these factors alone could lead to depression.

Physical therapists utilize exercise, lymphatic drainage, compression garments, soft tissue mobilization, myofascial release, ambulation re-training, balance re-education, energy conserving techniques and patient education. We focus on the individual's goals to achieve functional mobility, the return of independence and an improved self-image. All of these factors will result in a better quality of life.

A physical therapist will develop an individualized treatment program that focuses on their specific needs and potential effects of treatment with other co morbid conditions. This promotes the best outcomes, confidence, and goal achievement possible.

Physical therapy addresses pain with hands on tissue mobilizations and/or exercise. Fatigue is minimized by the use of gentle exercise, energy conserving techniques and patient education. Often the lymphatic system is damaged during radiation therapy resulting in lymphedema. There is a better prognosis anticipated in achievement of the individual's goals when the lymphedema is identified early and addressed immediately. Physical therapy will ensure the individual understands what is lymphedema, the lymphatic system, nutritional considerations that may assist in discouraging increased fluid, effects of heat and cold on the fluid, and effects of barometric pressure, such as flying/scuba diving/weather changes, on the affected regions. Physical therapy will utilize manual lymphatic drainage techniques and compression garments to minimize edema and promote an improved self-image and reduce pain. An exercise program will be developed to encourage fluid drainage to be performed at home to promote independence. The exercise program will also permit the muscles in the body to lengthen or strengthen to provide maximal activity and continued independence at home.

Ultimately, physical therapy can assist an individual on multiple levels depending on their needs and goals. We provide the skills and knowledge that is required for independent management which will lead to a better quality of life.

Written by:  
Kim de Versterre  
Physical Therapist

### PATIENT'S RESULTS

*"I was immediately at ease with my therapy and therapist; they explained everything very well, and showed me how to do exercises to improve the flow of fluids due to my arm swelling. I am very satisfied with everything that was done and feel that I can call them with any problem that I may experience in the future."* -A.P.

*"Physical Therapy has helped me get back to my life. I can do things that I couldn't do before. Now I can sit and drive without pain."*  
-S.S.

### The Misspelled Word Game !

Once you find the misspelled word call the Bangor office at 992-4042. If you correctly identify the word you will be entered to win our monthly prize. This month the prize will be a \$10.00 movie pass. Good luck and happy searching! Winner will be drawn on August 31st. Congradulations to our July winner!

### IS PAIN GETTING IN THE WAY OF LIFE?

***Don't let pain slow you down!***  
*At RESULTS Physical Therapy, our therapists have proven success in keeping you pain free through personalized, noninvasive care.*  
***Get back to life...***  
***Get out of pain!***

**Bring this coupon for a FREE screening!**

**RESULTS PHYSICAL AND  
OCCUPATIONAL THERAPY  
890 HAMMOND STREET  
BANGOR, MAINE 04401**

**PRSRT STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 76  
BANGOR, ME**

Try to find **all 15** words on this board.

**LIVE HEALTHY!**

O Z V F J T T N J J A K O B C	AGILITY
P B F A X C J O E W A D F A F	BALANCE
T M L C E P R I T H K K K L A	BLOODPRESSURE
G I E O L D E T A T N M D A A	BMI
Y V X O O P W C R G T K N N A	CARDIAC
B S I R Y D O A T N D N H C X	COORDINATION
T S B D P Y P E R E A W I E D	ENDURANCE
S E L I C H N R A R L K C E Y	FITNESS
D N E N P V O Z E T M A E T P	FLEXIBLE
M T J A O Z G S H S I P I I Z	HEALTH
H I V T G Y F E R D S L Q N T	HEARTRATE
C F V I Y K A G R A I U B B E	POWER
C Z P O V L L A B G V A R W R	REACTION
Q I U N T E C N A R U D N E I	SPEED
U V D H Q V H D Q T F W R Z M	STRENGTH

Find more word searches like this at [wordsearchfun.com](http://wordsearchfun.com)