



## Cancer Wellness Program

Surviving a cancer diagnosis and subsequent treatment is a challenging journey. One of the best ways to gain strength, fight fatigue and maximize your long-term health is to exercise. Florida Hospital and the Crosby YMCA have partnered to provide physical therapy and medical fitness specifically designed to improve quality of life before, during and after cancer treatment. Research shows that exercise is not only safe for patients undergoing cancer treatment, but also prevents the physical decline associated with these treatments and reduces fatigue.

## Schedule an Appointment

To schedule an appointment, request a physical therapy referral from your physician and call (407) 279-3666.

For more information about the Cancer Wellness Program, contact Brittany Dixon by calling (407) 646-7000, extension 3788, or emailing [Brittany.Dixon@FLHosp.org](mailto:Brittany.Dixon@FLHosp.org).

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## Cancer Wellness Program



PEGGY & PHILIP B. CROSBY YMCA



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SMR-14-17538



Our licensed physical therapists and skilled exercise physiologists provide a comprehensive, safe and effective cancer exercise program featuring the following components:

## Physical Therapy

- ▶ The physical therapist evaluates the patient's current function and establishes a therapeutic exercise program.
- ▶ The therapist monitors the patient's progress throughout their treatment, based on the patient's individual needs.
- ▶ Transition to medical fitness will be recommended once the patient is proficient in the exercise program developed by the therapist.
- ▶ If there is a change in the patient's status affecting his/her ability to continue the exercise program at the previously established level, he/she may transition back into physical therapy.

## Medical Fitness Program

- ▶ All participants who complete their physical therapy treatment and transition to the medical fitness program receive a physiological assessment that includes blood pressure, body composition, flexibility, strength and cardiovascular testing.
- ▶ A personalized exercise program is created, tailored to meet the patient's needs and taking into consideration his/her prior fitness level and the type of cancer treatment.
- ▶ Fitness results and outcomes are monitored to show progress and areas of needed focus.
- ▶ Specialized group programs per cancer diagnoses are available.
- ▶ All programs are supervised by medically trained staff.
- ▶ Participants have full access to the Crosby YMCA and all Florida Hospital programs to assist with health-risk reduction.



## Exercise Intervention and Monitoring

Our highly skilled therapists and exercise physiologists follow evidence-based research recommendations based upon the patient's type of cancer.

- ▶ Exercise prescription adjusted for fatigue levels
- ▶ Exercise precautions adhered to per cancer diagnosis
- ▶ Monitoring of the following:
  - ▷ Chemotherapy and radiation effects on exercise
  - ▷ Lymphedema
  - ▷ Blood-pressure and heart-rate monitoring as needed
  - ▷ Side effects of cancer treatment

## Nutritional Services

Our registered and licensed dietitians assist in developing an individualized nutrition plan specific to the patient's diagnosis, including:

- ▶ Review of current eating habits
- ▶ Specific nutrition recommendations and practical tips for incorporating these into everyday life
- ▶ Nutrition tips for treatment of side effects
- ▶ Determining a healthy weight and discussing its importance during treatment to reduce the risk of cancer recurrence
- ▶ Recommendations for healthy eating post-treatment to reduce risk of cancer recurrence