

## Rehabilitation

Many patients diagnosed with cancer face the challenge of cancer-related fatigue, physical impairments, cognitive impairments and possible ongoing decline in normal body functions.

Whether the need is to regain motor skills and strength, improve cognition or provide family education to allow for a safe discharge into the home, Carolinas Rehabilitation creates individualized treatment programs that maximize a patient's chance for success in achieving his or her personal goals.

## Teamwork

Carolinas Rehabilitation's oncology rehabilitation program is led by one of the few board-certified rehabilitation specialists in the nation with sub-specialization in oncology rehabilitation.

Our team addresses the physical, functional and emotional needs of our patients and their families.

Patients and family members will collaborate with our team to establish and progress towards therapy goals. Families are encouraged to attend treatment sessions to learn to care for and support the patient in achieving these goals. The oncology team's commitment is to improve the patient's quality of life during this challenging time because our primary goal is a healthier you.

We have an oncology-dedicated interdisciplinary team that provides the following:

- Physical therapy
- Occupational therapy
- Speech-language pathology
- Psychology
- Clinical social work
- Rehabilitation nursing
- Case management
- Recreation therapy
- Inpatient and outpatient services

## Our patients say:

"[The staff of Carolinas Rehabilitation is] great and I am so very thankful. I have experienced great compassion from most everyone."

"My crowning achievement was when I climbed the six stairs and turned around and came back down all in one time."

"Every person, be it janitor, dietitian, therapist, nurse or doctor, greets you with a genuine smile and greeting. Everyone puts you first by encouraging, recommending and praising your efforts."

"Through the entire experience I have, by reteaching and retraining, been given an opportunity to better my life and independence of living."

Carolinas Rehabilitation offers comprehensive rehabilitation services for people with cancer. A part of Carolinas HealthCare System, Carolinas Rehabilitation has one of the only cancer rehabilitation programs in the nation.

## Carolinas Rehabilitation

1100 Blythe Blvd.  
Charlotte, NC 28203

[CarolinasHealthCare.org/carolinas-rehab](https://CarolinasHealthCare.org/carolinas-rehab)



Carolinas HealthCare System



## Physical Therapy

Our physical therapy program focuses on functional stability and mobility.

We combine neurologically-focused therapy, exercise physiology and other techniques to enable each patient to achieve the highest possible level of function.

In addition to therapy, our program offers:

- An in-house wheelchair seating clinic with specialists who make sure each patient has an appropriate wheelchair while in the hospital and after discharge.
- Prosthetic and orthotic evaluations to increase independence with mobility.
- Equipment and education related to the patient's post-discharge needs.

## Nursing

Many of our nurses are Certified Rehabilitation Registered Nurses (CRRN) and bring excellent functional skills and a comprehensive approach to care.

Our highly trained nurses focus on everything from human response to physical disability and chronic illness.

Because they provide 24-hour care, our nurses are in the position to prevent or provide early detection of potential medical complications.

## Occupational Therapy

Occupational therapy at Carolinas Rehabilitation focuses on the activities of daily living and the restoration of arm and hand use.

Occupational therapy uses a combination of techniques, including neurologically-focused therapy, functional training and specialized treatment to address physical, visual, perceptual and cognitive problems.

It is common for patients to experience fatigue associated with cancer or cancer treatment.

Our therapists work to educate the patient on various energy conservation techniques to help maintain a certain level of energy.

If specialized equipment for bathing and showering is required, the occupational therapy staff will educate the patient and family about its use after discharge.

## Speech

Our speech and language pathologists use a variety of techniques and equipment to aid in the improvement of swallowing, speech, language and cognition.

These techniques include therapy for swallowing and facial electrical stimulation for facial droop and weakness.

## Collaboration/Support Services

### Carolinas HealthCare System's Levine Cancer Institute


- The collaborative efforts between Levine Cancer Institute and Carolinas Rehabilitation help to coordinate oncological and rehabilitation services with minimal disruptions to the patient's schedule.
- Keeping consistent with each patient's needs, the staff of Carolinas Rehabilitation's oncology rehabilitation program also works with Levine Cancer Institute to develop a discharge plan for patients. This may consist of aggressive outpatient or home therapy services, outpatient community-based programs or support care within the home such as hospice or palliative care.

### Lymphedema Program

Lymphedema is a side effect of cancer and cancer treatments. The staff at Carolinas Rehabilitation includes inpatient and outpatient physical and occupational therapists trained in lymphedema wrapping and manual lymph drainage. For patients who have functional impairments as well as either new onset or chronic lymphedema, we can adjust our outpatient therapy program to improve quality of life.

## Results

No other regional facility offers more advanced services, a more accomplished staff or a stronger commitment to helping patients move beyond disability than Carolinas Rehabilitation.

 To learn more about our oncology rehabilitation program or to refer a patient, call 704-355-3558 or 877-734-2251, or visit us at [CarolinasHealthCare.org/carolinas-rehab](https://www.carolinashealthcare.org/carolinas-rehab).