

## PATENT TESTIMONIALS

*"I received the best care from Anne and Christine. They were not only friendly but were concerned about my progress and my comfort"*

-Jane K., Hawley

*"Everyone here believed in me, had faith in what I could accomplish, and rejoiced in my accomplishments. They gave me the courage to find my new normal."*

-Cate S., Honesdale

## GETTING STARTED

Ask your primary care physician, your radiation oncologist, or your oncologist for a referral for oncology rehabilitation with Wayne Memorial Rehabilitation Services. It's the first step towards improving your daily function and your quality of life!

## SURVIVORSHIP

Cancer survivorship begins at diagnosis and continues through treatment, including treatments that help to reduce the risk of recurrence or to manage chronic disease. The process of living with, through and beyond cancer can be a difficult road to travel. The Wayne Memorial Oncology Rehabilitation team is committed to working closely with your doctors and other healthcare providers to ensure safe and effective treatments.



WAYNE MEMORIAL  
REHABILITATION SERVICES

WAYNE MEMORIAL  
ONCOLOGY REHABILITATION SERVICES

Take the next step in improving  
your quality of life.  
Call Today!

### Honesdale

Route 6 Mall (next to K-Mart)  
650 Old Willow Avenue, Suite M  
Honesdale, PA 18431  
(570) 253 – 7322

### Convenient Hours

7 a.m. to 5:30 p.m. M-F

Scheduling By Appointment

Most Insurances Accepted

**Walk-in Laboratory Services available.**

WAYNE MEMORIAL  
REHABILITATION SERVICES

also available:

### Honesdale

Stourbridge Mall & Maple Avenue  
(570) 253-7325

WAYNE MEMORIAL HOSPITAL  
601 Park Street, Honesdale PA 18431  
570-253-8100 • [www.wmh.org](http://www.wmh.org) • 

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ONCOLOGY  
REHABILITATION  
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WAYNE MEMORIAL  
HOSPITAL

PHYSICAL

OCCUPATIONAL

SPEECH

LYMPHEDEMA

THERAPY



WAYNE MEMORIAL  
HEALTH SYSTEM, INC.

## ABOUT ONCOLOGY REHAB

Our goal is to improve the quality of life for anyone who has been diagnosed with cancer or is recovering from cancer treatment. At Wayne Memorial Oncology Rehabilitation, we combine traditional physical and occupational therapy with cancer-specific treatments during or after biopsy, surgery, chemotherapy and radiation. Regardless of your type of cancer, stage of disease or treatment, oncology rehabilitation offers treatments focused on increasing functionality, mobility and endurance while reducing stress and fatigue.

## OUR SERVICES & STAFF

Our Oncology Rehabilitation team includes licensed physical and occupational therapists committed to helping you regain energy, strength and independence. The program is guided by physical therapists certified in Survivorship Training and Rehabilitation (STAR), the nation's first and most comprehensive cancer rehabilitation certification program. STAR-certified physical therapists are trained to use the protocols and tools needed to deliver evidence-based "best practices" in cancer rehabilitation.

### PHYSICAL THERAPY

Our physical therapists create an individualized exercise program to help restore your physical functionality while preventing further disability. This service is especially valuable for patients who may have lost muscle tone because of prolonged bed rest, have trouble with balance or need to use an assistive device such as a cane after cancer treatment.

Therapy may include range of motion, resistance training, cardiovascular and muscular



endurance training, gait training, balance and positional sense, manual therapy such as soft tissue massage, myofascial release, visceral mobilization, joint mobilizations, passive range of motion, pain management techniques and patient education.

### OCCUPATIONAL THERAPY

Our occupational therapists address cancer-related fatigue through energy conservation techniques, along with other conditions such as "chemo-brain," sleep hygiene, and sexual dysfunction. They help you with daily living activities that are important to your routine and quality of life, such as dressing, showering and eating. Our therapists are trained to evaluate the layout of your home, school or work place to increase your mobility and assist with activities of day-to-day life.

### LYMPHEDEMA THERAPY

Lymphedema is a condition in which excess fluid collects in tissue, causing extreme swelling and possible skin changes in the body. Our oncology rehabilitation team includes specially trained occupational therapists who use innovative and gentle techniques to treat lymphedema. Patients are also taught special remedial exercises, self-massage and how to prevent infections.

### SPEECH THERAPY

Many cancer patients benefit from speech and language therapy, particularly if they are experiencing problems such as difficulty swallowing, dry mouth and loss of voice. Our certified speech therapists also address cognitive deficits involving memory and thought processes that may result from cancer treatment.

### INSURANCE COVERAGE

Wayne Memorial Oncology Rehabilitation is part of Wayne Memorial Hospital, which accepts most private insurance plans, Medicare, and medical assistance. It is best to call your insurance carrier prior to your appointment to verify your coverage.

### ARE YOU IN NEED OF ONCOLOGY REHAB?

During or after your cancer treatment, you may experience functional changes that can be treated by oncology rehabilitation therapists. Here are some examples of conditions or problems that can be helped by our team:

- Swelling in arms, legs, trunk
- Scar tissue restrictions
- Fatigue and/or sleep difficulties
- Muscle weakness
- Poor endurance, low energy
- Decline in balance
- Postural changes
- Joint stiffness
- Pain
- Difficulty with walking
- Numbness in feet or hands

Our oncology rehab team will customize a treatment plan and provide you with options that best fit your lifestyle and goals.