

## Locations

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Outpatient Cancer Rehab Program at 336-271-4940  
or visit [conehealth.com/cancer-rehab](http://conehealth.com/cancer-rehab)

# Outpatient Cancer Rehabilitation Programs



**CONE HEALTH®**  
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**CONE HEALTH®**  
**Rehabilitation**

Today's challenge. Tomorrow's triumph.

## Outpatient Cancer Rehabilitation Program

The Cone Health Outpatient Cancer Rehab Program is a comprehensive interdisciplinary program that provides physical, occupational and speech therapy as well as hearing assessments to cancer survivors, whether diagnosed recently or years ago. Our goal is to improve the quality of life of persons living with cancer or with a history of cancer.

Our experienced team of rehab professionals works together to address an individual's functional challenges, which may include any of the following:

- Lymphedema
- Fatigue
- Numbness or tingling in feet and hands affecting everyday activities
- Balance deficits
- Pain
- Difficulty walking
- Weakness
- Range of motion limitations
- Soft tissue tightness and adhesions
- Cardiopulmonary rehab
- Speech and swallowing difficulties
- Pelvic pain and incontinence
- Changes in hearing acuity or understanding speech
- Changes in Eustachian tube function (feeling stopped up or like being in a barrel when listening or talking)
- Tinnitus (ringing in the ears)
- Dizziness

Our team of cancer rehab specialists includes physical and occupational therapists who are certified in lymphedema treatment, who are STAR (Survivorship Training and Rehab) certified specialists and who are specialists in pelvic pain and incontinence. Our speech therapists specialize in speech and swallowing difficulties. We work closely with medical oncologists, radiation oncologists and surgeons to coordinate care and provide state-of-the-art treatment.

## Comprehensive Lymphedema Treatment Program

Lymphedema is a chronic, progressive swelling caused by an abnormal accumulation of lymphatic fluid. It sometimes develops in the arm, leg, breast, trunk, neck or face following cancer treatment.

Our comprehensive lymphedema treatment program combines specialized therapy techniques and education to help patients manage their swelling. The program consists of five components:

- 1. Manual lymph drainage:** This gentle massage technique drains blocked lymphatic vessels and promotes lymphatic circulation by redirecting lymphatic fluid around compromised lymph nodes towards healthy ones.
- 2. Compression bandaging:** Short stretch compression bandages are applied to the limb in cases where swelling is significant. This prevents lymphatic fluid that is removed during manual lymph drainage from returning to the affected arm or leg. It also helps remove more fluid from the limb. Bandaging can be taught to patients or caregivers in order to continue treatment after therapy is completed.
- 3. Exercise:** An individualized exercise program that promotes lymphatic circulation is given to each patient. Muscles work as a pump to continue to move lymphatic fluid out of the limb and promote overall lymphatic flow.
- 4. Education:** Patients learn about skin care and how to prevent and recognize skin infections. (Because the lymphatic system normally helps the body fight infection, this tends to be a problem for those at risk for lymphedema.)
- 5. Compression garments:** Our therapists will assist you in obtaining day and nighttime compression garments to help you manage swelling after treatment is completed.

Cone Health Outpatient Cancer Rehab is part of the National Lymphedema Network of treatment centers. Find out more at [www.lymphnet.org](http://www.lymphnet.org).