

# Cancer Rehabilitation Program



Our Cancer Rehabilitation Program compliments the treatment provided by your Oncologists and/ or Surgeons. We aim to help reduce the impact of cancer treatments on the body, whilst also assisting to improve overall function and quality of life through the cancer journey and into survivorship.

Using physical activity and appropriate exercise, interactive learning, as well as input from dietitians and social workers when required, we aim to assist patients to return to their normal daily activities and improve their quality of life.

## About Our Program

Our 13-session program aims to incorporate evidence based moderate exercise, interactive learning and practical advice to support you through your diagnosis, treatment and recovery stages and assist with maintaining long term health and wellbeing.

## Our Therapists Can Help With:

### Preventative Rehabilitation:

Preventing or minimising any declines in movement and ability associated with cancer and its treatments.

### Restorative Rehabilitation:

Returning you to your pre surgical/illness activities, strength and range of movement, when there is little or no long-term impairment.

### Supportive Rehabilitation:

Maximising your strength and range of movement if there is permanent impairment following diagnosis, surgery or treatment.

### Palliative Rehabilitation:

Maximising the independence, symptom control and quality of life in patients with advanced cancers.

Exercise can help manage some of the common side effects of treatment, speed up your return to your usual activities, and improve your quality of life (Cancer Council, Victoria 2019)

## Referral to the Program

You can be referred to the program whilst in hospital, or later by a surgeon, physician or general practitioner. This referral is made out to one of our Rehabilitation Physicians.

Fax: 4937 9590 or  
email: [mtl.dayprogram@healthecare.com.au](mailto:mtl.dayprogram@healthecare.com.au)

## Funding of Program

Generally, if you have top private hospital cover, an eligible Department of Veterans Affairs (DVA) card, or are covered by a third party payment you will be covered for treatment within our program.

For further information, please contact the  
Maitland Day Rehabilitation Unit: Ph: 4931 2390

Maitland  
Private Hospital

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