



## PHYSIOTHERAPY AND CANCER SURVIVORSHIP

Cancer is one of the leading causes of death in the province of Manitoba. In 2016, 6,700 Manitobans will be diagnosed with cancer [1,2]. For some cancers, such as breast and prostate, advances in cancer treatment have led to a 5-year survival that is close to or over 90%[2]. These high survival rates mean that many individuals are now living with the physical effects of cancer treatments that compromise functional ability, independence and quality of life.

### PHYSIOTHERAPISTS CAN HELP MANITOBANS WITH CANCER

**Physiotherapists are uniquely qualified to provide individualized assessments and treatments for the physical impairments caused by cancer and its treatments for all types of cancer**

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| ✓ Cancer related fatigue                          | ✓ Decreased balance                          |
| ✓ Pain  | ✓ Nerve damage                               |
| ✓ Decreased muscular strength & endurance         | ✓ Chemotherapy induced peripheral neuropathy |
| ✓ Reduced fitness                                 | ✓ Weight gain                                |
| ✓ Scar tissue                                     | ✓ Reduced bone health                        |
| ✓ Urinary incontinence & pelvic floor dysfunction | ✓ Decreased range of motion & flexibility    |
|   | ✓ Lymphedema                                 |

Physiotherapists assist the patient to optimize mobility, function and quality of life through specific targeted treatment plans. There is strong evidence to support the effectiveness of physiotherapy before, during and after cancer treatment [3,4,5,6,7,8].

**Every individual diagnosed with cancer is a rehabilitation candidate**, and physiotherapy should be accessible to **ALL** Manitobans before, during and after cancer treatment.

### PHYSIOTHERAPY CANCER REHABILITATION IN MANITOBA

- **CancerCare Manitoba Foundation currently employs a .25 EFT physiotherapist through a temporarily funded program**, which has so far reached 220 people since September 2015.
- There is **no physiotherapy cancer rehabilitation space or physiotherapy equipment** within the current CancerCare Manitoba facilities
- **No other funded physiotherapy cancer rehabilitation exists at CancerCare Manitoba**. This means that most cancer survivors must either attend a hospital-based outpatient physiotherapy service with up to a 6 month waiting list, or pay for private physiotherapy services.



## References

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