

Oncology Rehabilitation Therapists



Alice Smyth, PT, CLT

Alice received her Masters of Physical Therapy in 2008 from The University of New Mexico and became a Certified Lymphedema Therapist through the Academy of Lymphatic Studies in 2013. She is a PORi Certified Oncology Rehabilitation Specialist with training in Breast, Pelvic, Head & Neck Cancer, Chemotoxicity and Oncology Exercise.

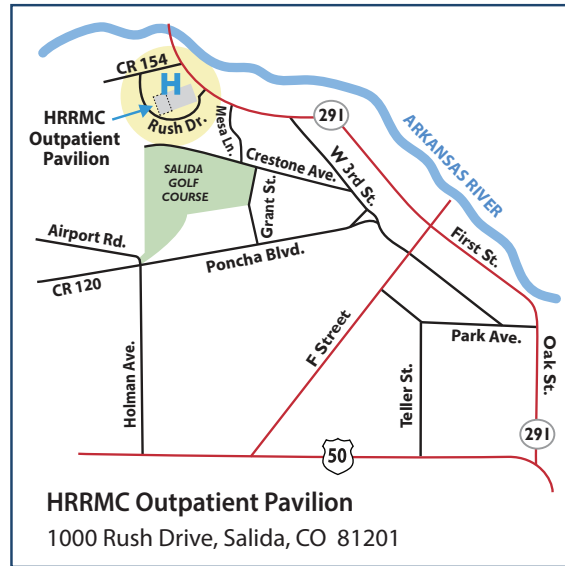


Lisa Bauer, PT, DPT

Lisa earned her Doctor of Physical Therapy in 2019 from University of Colorado. She is a PORi Certified Oncology Rehabilitation Therapist with training in Chemotoxicity and Oncology Exercise. Lisa is a cancer survivor and has experienced the benefits of oncology rehabilitation in her own life.

To make an appointment with
HRRMC Rehabilitation Services,
call 719-530-2040.

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HRRMC Rehabilitation Services:
Salida: 719-530-2040
Buena Vista: 719-395-9048
Saguache: 719-530-2040
Westcliffe: 719-783-2380 ext. 12



The HRRMC Outpatient Pavilion is attached to the hospital but has a separate entrance.

HRRMC Physical Therapy services are available in Salida, Buena Vista, Saguache and Westcliffe.

HRRMC Occupational Therapy and HRRMC Speech Therapy services available in Salida and Buena Vista.



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ONCOLOGY REHABILITATION AND LYMPHEDEMA THERAPY



REHABILITATION

BEFORE, DURING, AND AFTER CANCER TREATMENT

Cancer and its treatment often cause problems that can make it harder to perform daily activities or return to work. Cancer rehabilitation can help with these problems before, during and after cancer treatment.

Goals of oncology rehabilitation include:

- Improve your quality of life
- Maintain and restore function
- Lessen side effects and symptoms of cancer and treatments

It is important to address changes you notice as early as possible so they don't worsen. You can also ask your oncology team about seeing a rehab professional *before* you start cancer treatment to help mitigate side effects.

Our team can work with you to design a plan that is based on your individualized goals and needs.



Services available at HRRMC

■ Physical Therapy

It is common for people diagnosed with cancer to experience fatigue that does not improve with rest. Studies also suggest that cancer survivors fall more than people with no cancer history. Physical therapists can help you manage fatigue and reduce your risk of falling.

Before cancer treatments start, physical therapists can help you physically prepare for your surgery, radiation, or chemotherapy.

During cancer treatments, physical therapy can help to prevent or lessen some side effects of treatment and may even be able to help you tolerate treatment more easily.

A physical therapist can also address mobility problems, pain, swelling, weakness, range of motion issues, decreased endurance, neuropathy, and more.



■ Pelvic Floor Physical Therapy

Some physical therapists have specific training to treat patients experiencing pelvic pain, sexual dysfunction, bowel and bladder dysfunction.



■ Lymphedema Therapy

Cancer treatment may include surgery, lymph node removal and/or radiation. These treatments can create scar tissue and restrict mobility of tissues which increases the risk of swelling.

Lymphedema therapy can help by teaching you how to prevent swelling or to reduce swelling that is already present. Reducing edema and tissue restrictions improves pain, stiffness, reduced range of motion, axillary cording and improves daily function. Your therapist can also measure for and recommend compression garments if needed.

■ Occupational Therapy

Occupational therapists can help with managing daily tasks and reducing effort needed for certain tasks.

■ Speech Therapy

Speech Language Pathologists can help with problems swallowing or chewing food, as well as difficulty thinking clearly or mental fogging.