

Cancer Rehabilitation



The Swedish Cancer Institute, in collaboration with Swedish Outpatient Rehabilitation Services, is proud to offer a wide range of cancer rehabilitation services.

What is cancer rehabilitation?

Cancer rehabilitation integrates a variety of hands-on and exercise therapies to improve well-being for cancer patients. Research demonstrates that well designed exercise programs improve psychological and physical health for people living with cancer. The “flagship” of our cancer rehabilitation services is the ACTIVE Program (Addressing Cancer Through Individualized Exercise). Its goal is to teach basic exercise skills to support the patient in maintaining the energy and strength to participate in everyday activities.

How cancer rehabilitation can benefit you

Exercise reduces common side effects of cancer and its treatment, including weakness, poor endurance, pain, nausea, anxiety, depression and loss of confidence. Cancer rehabilitation reduces fatigue, improves strength and confidence, and increases endurance for everyday activities. Cancer rehabilitation helps patients return to the highest level of function and independence possible while improving physical, emotional and social well-being. Maintaining a regular exercise regimen can help them feel better and be more active while living with cancer.

What to expect

Rehabilitation specialists and staff provide a variety of services including:

- An evaluation of cardiovascular fitness, muscle strength, flexibility and activity goals. We use this information to develop a customized rehabilitation program for patients.
- The ACTIVE Program, a physician-supervised fitness program individualized to meet the patient’s activity goals.
- Physical and occupational therapy that helps address specific physical challenges resulting from cancer and its treatment. Examples include lymphedema, loss of motion, and skin tightness after surgery or radiation treatment.
- Self-management skills that help maintain fitness after completion of the rehabilitation program.
- Enhanced energy, decreased fatigue, improved activity capacity and a sense of well-being while living with cancer.

For more information about the Cancer Rehabilitation Services at Swedish, call 206-215-6333.



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