



**C.A.R.E. of Maryland  
Cancer  
And  
Rehabilitative  
Exercise**



*A customized program designed  
specifically for you.*

## C.A.R.E. of Maryland Cancer And Rehabilitative Exercise

Our comprehensive C.A.R.E., Cancer And Rehabilitative Exercise, program is designed to address the many needs of patients, including loss of function, strength, energy, range of motion, and aerobic capacity. We also work to promote emotional well-being, and positive self image. It is customized to fit the individual needs of patients at all stages of their treatments, helping them to maintain functional abilities in occupational, social and family roles, as well as hobbies and recreational activities. This unique program provides unprecedented support and encouragement that gives survivors hope and confidence to take back their life from cancer.

According to the American Cancer Society, “many cancer care teams are now urging their patients to be as physically active as possible during cancer treatment.”

### Regular exercise during cancer treatment can:

- Lessen dependence on others to perform normal activities of daily living
- Reduce symptoms of fatigue and nausea
- Improve self-esteem and ability to keep social contacts
- Lower risk of anxiety and depression
- Increase ability for the body to heal

## C.A.R.E. Benefits

In the C.A.R.E. program, patients receive a complete physical therapy evaluation which includes a thorough Neuromuscular Assessment and a Balance & Functional Screening. These assist the Physical Therapist in identifying problems, setting appropriate goals, and developing a personalized treatment plan. Type of cancer, stage of treatment and current medical condition are important factors when determining and developing an appropriate treatment approach.

Because our C.A.R.E. program is provided by licensed Physical Therapists, **it is an insurance-covered benefit.** We work with patients to minimize their out-of-pocket expenses in an effort to avoid financial hardships.

*Our ultimate goal in the C.A.R.E program is to enhance each patient's physical functioning and improve their overall quality of life.*



## Your C.A.R.E. Program

Our Physical Therapists, Exercise Specialist and C.A.R.E. Oncology Dietician utilize their expertise in therapeutic exercise, disease processes, and nutrition to develop a comprehensive program specifically for you. With our help, patients are more compliant and dedicated to their C.A.R.E. program when compared with traditional self-pay and self-directed fitness programs.

The C.A.R.E. program includes one-on-one and/or group sessions, which are directed and supervised by your Physical Therapist. Each session is conducted in an appropriately supportive and non-intimidating atmosphere that encourages socialization among patients experiencing similar circumstances. Classes may include active flexibility exercises, balance and coordination activities, resistance training, cardiovascular conditioning and weight management strategies. Patients are encouraged to attend the C.A.R.E. program 2-3 times per week.

Your Physical Therapist will always communicate with and provide regular updates to your Oncology/Medical team.

## Education

Education is also an important part of this program. Not only are patients instructed in ways to manage pain, they are taught exercise modifications and provided demonstrations on proper body mechanics. It is our hope that the education, understanding and training patients receive in the **C.A.R.E.** program will become an integral part of their everyday life.

## Extended Program

**CANCER to 5K** is a program of the Ulman Cancer Fund for Young Adults, designed and supported by our Physical Therapists and Exercise Specialist.

**CANCER to 5K** is used in conjunction with **C.A.R.E.** to introduce and/or reintroduce cancer survivors to physical activity with the goal of completing a 5k race.





**Mady and Mules  
Physical Therapy  
Sports Rehabilitation  
At Overlea**

7672 Belair Road  
(1 block south of 695)  
Baltimore, MD 21236  
410-663-6450



**Mady & Mules  
Physical Therapy  
Sports Rehabilitation  
At Lutherville**

1212 York Road, Suite C-101  
Lutherville, MD 21093  
(½ mile north of 695 across from Peppermill)  
410-321-0377

[www.mmpt-hcpt.com](http://www.mmpt-hcpt.com)