



## C.A.R.E. of New York

*Cancer And Rehabilitative Exercise*

Our Physical Therapy based **C.A.R.E.** (Cancer And Rehabilitative Exercise) program is designed to address the many needs of patients; including loss of function, strength, range of motion, energy and aerobic capacity. We also work to promote emotional well-being and positive self image. Our comprehensive **C.A.R.E.** program is customized to fit the individual needs of patients at all stages of their treatments helping them to maintain their functional performance and improve quality of life. This unique program provides unprecedented support and encouragement that gives survivors hope and confidence to take back their life from cancer.

### PROGRAM BENEFITS:

- 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.



- Patients receive a complete physical therapy evaluation which includes a thorough Neuromuscular Assessment and Balance and Functional Screening that assist in identifying problems, setting appropriate goals, and developing a personalized treatment plan. The patient's type of cancer, stage of treatment and current medical condition are important factors in

determining and developing an appropriate treatment approach for each patient.

- Individualized exercise programs designed for one-on-one and/or in small group sessions (Land or Aquatic-based), are directed and supervised by a Physical Therapist. **Our patients' vital signs will be taken frequently** in order to properly assess and modify exercise programs as appropriate. These programs are conducted in an appropriately supportive and non-intimidating atmosphere that encourages socialization among patients experiencing similar circumstances.
- Our Physical Therapists communicate with and provide regular re-evaluations and updates to the patients' Oncology/ Medical team.
- 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.

### LYMPHEDEMA THERAPY:

**(Offered at Penfield location only)**

Lymphedema cannot be cured, but it can be effectively treated. The treatment program we provide is known as Complete Decongestive Therapy (CDT). Its goals are to utilize other lymphatic pathways, decongest edematous body parts, eliminate fibrotic (scar) tissue in the later stages of lymphedema, avoid reaccumulation of lymph fluid, prevent or eliminate infections, maintain normal or near normal limb size, and teach our patients how to independently manage their lymphedema.

CDT consists of five components:

- Manual Lymph Drainage (MLD): A gentle manual technique of special massage strokes which re-routes the lymph flow around the blocked areas to the healthy lymphatic system.
- Compression bandaging: Short stretch bandages are applied to increase tissue pressure in the affected extremity and prevent the return of evacuated fluid after MLD.
- Remedial exercise: Increases venous and lymphatic return.
- Meticulous skin and nail care: Eliminates bacterial and fungal growth, reduces the chance of infection.
- Instruction in self-care: Ways to continue your treatment at home.

### LOCATIONS:

#### GATES

2300 Buffalo Rd, Bldg. 100C, Rochester, NY 14624  
Phone (585) 247-0080 Fax (585) 426-7952

#### WEBSTER

1670 Empire Blvd, Suite 400, Webster, NY 14580  
Phone (585) 671-0850 Fax (585) 671-5242

#### PENFIELD

401 Penbrooke Dr, Bldg. 2, Suite A, Penfield, NY 14526  
Phone (585) 377-9626 Fax (585) 377-7513

