

# Empowering Your Cancer Rehabilitation Journey

Restoring Function, Rebuilding Confidence



## Understanding Your Rehabilitation Journey

Cancer rehabilitation is a personalised programme designed to help you maintain and restore your physical and emotional well-being throughout your cancer rehabilitation journey. This guide will help you understand what to expect at each stage.

### Why is Cancer Rehabilitation Important?

- Helps maintain your strength and function
- Manages treatment-related side effects
- Improves quality of life
- Supports your return to daily activities
- Enhances recovery outcomes

### Cancer Rehabilitation MYTH vs FACT / FAQ

01

#### MYTH:

"I should rest as much as possible and avoid exercise during cancer treatment."

#### FACT:

Research shows that appropriate exercise during treatment can reduce fatigue, maintain strength, and improve treatment outcomes. Your programme will be tailored to your energy levels and treatment schedule.

02

#### MYTH:

"Once I start feeling unwell from treatment, it's too late to start rehabilitation."

#### FACT:

It's never too late to start. Your programme will be modified according to where you are in your treatment journey. Starting at any point can help improve your function and quality of life.

03

#### MYTH:

"After treatment, I should be able to return to my previous activity level immediately."

#### FACT:

Recovery is gradual. Your rehabilitation programme will help you build back strength and endurance safely, preventing injury and ensuring long-term success.

## Your Three-phase Journey



## Managing Common Concerns

### Fatigue Management

- Plan activities during peak energy times
- Take regular rest breaks
- Prioritise important tasks
- Use energy conservation techniques

### Pain Control

- Work with your healthcare team to develop strategies
- Learn proper positioning
- Use relaxation techniques
- Regular gentle movement

### Exercise Safety

- Start slowly
- Follow your personalised programme
- Monitor your response
- Report concerns to your healthcare team



## Common Activities in Your Programme

- Gentle exercise programmes
- Balance training
- Breathing exercises
- Energy conservation techniques
- Strength training
- Flexibility work
- Daily activity modifications

## Your Success Tips

- Stay consistent with your programme
- Communicate with your healthcare team
- Track your progress
- Celebrate small victories
- Include family/friends in your journey
- Flexibility work
- Daily activity modifications

## When to Contact Your Healthcare Team

- Unusual fatigue
- New or worsening pain
- Difficulty with exercises
- Questions about your programme
- Changes in your condition



## How to Make an Appointment

Your care team at Picaso will advise you on the physiotherapy services required for your treatment. Appointments for your physiotherapy sessions can be made with Rehab Concept PJ:

### REHAB CONCEPT PJ

A-7-G & A-7-M, Jaya One, 72A,  
Jln Profesor Diraja Ungku Aziz, Seksyen 13,  
46200 Petaling Jaya, Selangor 2.

**Contact Number :** 012-688 9744

**Operating Hours :** Monday - Saturday  
9:00 am - 5:00 pm



**Scan to Chat  
on WhatsApp**

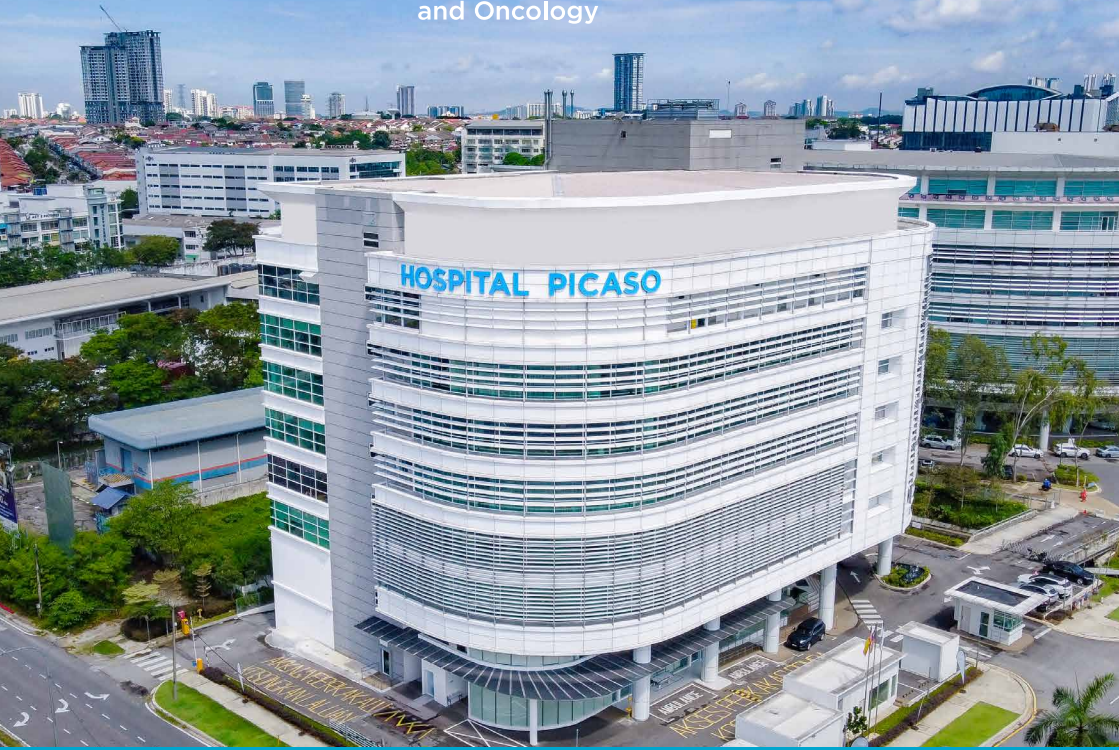
Please bring all relevant diagnostic test results (i.e. X-ray, MRI, etc) as well as other documents as advised by your care team. You are recommended to wear loose, breathable clothing for your assessment/treatment sessions.



# P;caso

HOSPITAL PICASO

PJ Integrated Centre  
for Advanced Surgery  
and Oncology



## HOSPITAL PICASO

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 Hospital Picaso

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