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## PHYSIOTHERAPY

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**What is the role of physiotherapy in cancer recovery?****Dibyendu Roy**

Corel Centre for Onco Rehab, India

When someone is undergoing cancer treatment, Physiotherapy may not be the first healthcare field that comes to mind. Cancer treatment is done with Oncologist, Oncosurgeon, Radiation Oncologist and Stoma Therapist. However, People who are suffering from cancer should also consider the role of physical therapy in their cancer recovery. Cancer treatment is a grueling course, leaving many people exhausted, weak and with a compromised immune system. Just getting out of bed can be a huge and daunting task, let alone exercising or playing at the park with grandchildren. This is where a physical therapist comes in. Despite advances in medical treatments, individuals that receive cancer treatments typically experience extensive physical limitations during and after treatments. These limitations include and are not limited to cancer-related fatigue (CRF), pain, nerve damage, lymphedema, deconditioning, as well as incontinence. There is strong evidence to support conservative management of these impairments through physical therapy. As each individual experiences different impairments during and after cancer treatment, it is important to have an individualized evaluation to focus your rehabilitation. Physical therapy can address common cancer related impairments including:

**Lymphedema:** Effective lymphedema management is accomplished through manual lymph drainage, range of motion exercises, Multi layered lymphatic bandaging.

**Restricted Joint Range of motion:** After Cancer Surgeries people have the joint restrictions. After Mastectomy Shoulder flexion and abduction get restricted. After Lipo Oral Surgeries Neck Shoulder Range of Motion get restricted. Active Range of Motion exercises, passive stretching, resistive exercises help to recover

**Trismus:** After Lipo Oral Surgeries TM Joint ROM gets restricted. Mouth Opening limited to 1-2 inches. Active Exercises like Protraction and Retraction of TM Joint and Latetal to Medial movement of Jaw helps to improve.

**Pain:** There are many pain relief strategies that can reduce the intensity and frequency of pain after cancer treatment. Specifically, treatment strategies including soft tissue mobilization, Manual Lymphatic Drainage, modalities like Transcutaneous Electrical Nerve Stimulator, Cold Laser, therapeutic stretching and strengthening help to reduce the Pain

**Deviation of Mouth:** After Oral Cancer Surgeries like CA Buccal Mucosa, Lower Alveolus, Tongue, Chick face gets deviated and tongue movements restricted. Oro facial exercises help to recover this problem. Along with this active exercises Kinesio Taping helps to improve the symptoms quickly.

**Cancer Related Fatigue:** Individualized strength training and functional management training is known to reduce effects of cancer related fatigue both during and after medical cancer treatments.

**Peripheral neuropathy:** Often times, cancer survivors experience peripheral neuropathy, which is abnormal nerve function that can be experienced as pain, numbness and tingling. Physical therapy can help to improve nerve function or compensate

**Genitourinary complications:** For men undergoing treatment for prostate cancer and women undergoing treatment for bladder or ovarian cancer, incontinence and sexual dysfunction are common. A skilled physical therapist can help to rebuild the strength of the pelvic floor in order to improve urinary continence and reduce pain After Cancer Surgeries and the Course or Chemotherapy and Radiation if people avail Cancer Rehabilitation program they can have a healthy and quality life. Its never too late to start the treatment.

**Biography**

Dibyendu Roy started his Physiotherapy Career in the year of 2010 at Calcutta Medical Research Institute, India. In the year 2015 he did the Cancer Rehabilitation and Lymphoedema Management Study from Tata Memorial Hospital, Mumbai, India and for advanced Study moved to Lymphoedema Training Academy, UK under Jane Wigg. He gained experience in Wolverhampton Lymphoedema Service and Hadenham Health Care (UK) He set Up his own Cancer Rehabilitation Clinic in India, named Corel. Now he is engaged with several Cancer Rehabilitation program in various Institutions and Hospitals

droy.corel@gmail.com