Oncology Rehabilitation

Independence and overall quality of life play an important role in your cancer treatment. The Oncology Rehabilitation Team at Wentworth-Douglass Hospital helps you find fulfillment in your level of independence by reinforcing the strength and energy you need to participate in daily activities that are important to you.

Oncology Rehabilitation at Wentworth-Douglass Hospital

We help you maintain your optimal level of functional independence before, during, and after treatment:

- Before your treatment begins we provide education, teaching and training to build strength and endurance.
- During treatment, our goal is to assist you in maintaining your highest level of physical and cognitive functioning while reducing pain and discomfort.
- After treatment we can help you regain strength and function.

Patients of the Seacoast Cancer Center are screened for rehabilitation needs at their initial visit and throughout their treatment. The nurse or doctor may recommend an evaluation by Physical, Occupational or Speech Therapy. The therapist will meet with you to evaluate your individual needs and determine the best plan of care.

See reverse for more information.
The Rehabilitation Team

**Physical Therapy**
Physical Therapists help you stay active during your cancer care. Individualized exercise programs are designed to improve your range-of-motion, strength and balance as well as manage cancer-related fatigue (CRF). Our goal is to restore movement and function and give you the tools you need to perform everyday activities better.

**Occupational Therapy**
Occupational Therapists help you live as independently as possible by helping you to identify those activities, devices, and/or tools that will improve your strength, endurance, function and problem solving. Occupational Therapy will assist and train you in performing activities such as grooming, dressing, eating and interacting with family and friends. The therapist will help you work smart, not hard, in your own environment.

**Speech-Language Pathology**
Speech-Language Pathologists address the impact of surgery, chemotherapy and radiation on speech, swallowing, cognition and voice for those individuals diagnosed with head and neck cancer. Speech-Language Pathology will help you reach the highest level of function by continually addressing your speech, swallowing, cognitive and voice needs before, during and after treatment.

**For more information, please call:**

Physical Therapy Coordinator  
Kendra Langus, PT, DPT at (603) 609-6021

Occupational Therapy Coordinator  
Michelle Lavertu, OTR/L at (603) 740-2111

Speech Therapy Coordinator  
Holly PF Goodell, MS, CCC-SLP at (603) 740-2228