

To make an appointment or for further enquiries
please contact:

Clinic for Advanced Rehabilitation Therapeutics (CART)
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Monday to Friday: 8.00am to 5.30pm
Saturday, Sunday & Public Holidays: Closed



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ONCOLOGY REHABILITATION SERVICE @ CART

DEPARTMENT OF
REHABILITATION MEDICINE

Adding Years of
Healthy Life

WHAT IS ONCOLOGY REHABILITATION?

Oncology Rehabilitation is a specialised rehabilitation service designed for individuals who are living with or recovering from cancer.

This service aims to support you in three key areas: physically, emotionally, and socially. The goal is to help you manage the side effects of cancer treatment and enhance your overall quality of life.

WHY ONCOLOGY REHABILITATION?

Cancer treatment can lead to challenges such as:

- Fatigue, weakness, or reduced stamina
- Pain, stiffness, or swelling (lymphedema)
- Numbness, balance or mobility difficulties
- Speech, swallowing, or voice changes
- Emotional stress and anxiety
- Reduced appetite
- Residual nutrition-related side effects

Oncology Rehabilitation is designed to help you manage these difficulties, enabling you to focus on living well.



WHO IS SUITABLE FOR ONCOLOGY REHABILITATION?

All patients will be evaluated by a rehabilitation doctor during their initial clinic visit. A personalised programme will then be developed to address each patient's specific needs and goals.

Referral Indications:

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| ✓ Rehabilitation prognostication and goal setting | ✓ Joint aches and pains |
| ✓ Holistic management | ✓ Fatigue |
| ✓ Prehabilitation | ✓ Focal impairments |
| ✓ Numbness / Tingling / Burning sensations | ✓ Cognitive impairment |
| ✓ Lymphedema | ✓ Radiation related physical impairments |
| ✓ Exercise | ✓ Loss of appetite |
| ✓ Survivorship | ✓ Unintended weight loss or gain |
| | ✓ Eating difficulties due to treatment side effects |

*Minimum age requirement: 16 years and above

WHAT TO EXPECT?

1. Assessment

We evaluate your needs, goals, and challenges.

2. Personalised Plan

A tailored rehabilitation programme is developed specifically for you.

3. Doctor Consults and Therapy Sessions

You will have consultations with doctors and attend therapy sessions as part of your programme.

4. Progress Reviews

We will conduct regular reviews to monitor your progress and adjust your plan as needed.

OUR CORE SERVICES

Physiotherapy (PT) in oncology rehabilitation aims to help cancer patients and survivors to manage the physical side effects of their treatment and enhance their overall quality of life.

Our physiotherapists provide support in the following key areas:

- Fatigue
- Lymphoedema
- Pain
- Weakness
- Neuropathy
- Mobility limitations
- Balance

Through personalised exercise programmes, manual therapy, other interventions and patient education, the goal is to improve mobility, strength, function and enhance their quality of life and support recovery throughout their cancer journey.



OUR CORE SERVICES

Occupational Therapy (OT) focuses on helping you maintain your independence and quality of life during and after cancer treatment. Our occupational therapists collaborate with you to manage the daily activities that are most important to you.

Our occupational therapists provide support in the following key areas:

- Daily Activities
- Energy Management
- Enhance cognitive functioning and/or Coping Skills
- Upper Limb Rehabilitation
- Home Modification and Equipment Prescription
- Return-to-work

Through personalised strategies, our occupational therapists aim to help you continue engaging in activities that are meaningful to you throughout your cancer journey.



PSYCHOLOGICAL SERVICES

Psychologists aim to assist patients in managing stress or mood challenges that may arise during the cancer treatment journey. It is natural to experience a range of emotions throughout this process, and having a safe space to explore these changes and their impacts on life can be beneficial.

Our services include one-on-one counselling sessions designed to equip patients with coping strategies, empowering you throughout your cancer journey.



NUTRITION & DIETETICS SERVICES

A dietitian is your qualified nutrition professional who will assess your individual needs and develop a personalised nutrition plan with you. They can help if you have:

- Unintended weight loss or weight gain
- Eating difficulties due to treatment side effects
- Specific nutrition concerns

Through evidence-based guidance and practical strategies, your dietitian will support you in achieving optimal nutrition throughout your cancer journey.

