

The Head and Neck Cancer Rehabilitation Program can help with the following:

Lymphedema / swelling

Pain

Weakness

Neck and Shoulder stiffness

Fatigue

Scar Tissue

Radiation Fibrosis

Posture



The office is located in the **Health Research Association** building. It is a 7-story, peach-colored building. It is located on the southeast corner of Mission and Marengo. It is directly adjacent to the I-5 North onramp and opposite McDonald's.

Cost: \$30 total for 6 one hour sessions of physical therapy (95% discount).

Benefit: The patients will have 6 weekly one hour sessions on Fridays at 11am.

Mission: We hope to help as many uninsured and underinsured patients after head and neck cancer treatment as possible.



Sign up now!
Call Dr. Kimiko Yamada, PT
at
(323) 224-7070 or
email kayamada@usc.edu

USC Physical Therapy Associates
1640 Marengo Street, HRA 102
Los Angeles, CA 90033-1036
Tel: 323 224-7070
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Head and Neck Cancer Rehabilitation Program



**USC Physical Therapy
Associates**
323-224-7070

Spanish-speaking patients welcome!

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Physical Therapy Provides a Guided Return to Physical Activity

Cancer treatment can cause pain, weakness, fatigue, and decreased flexibility in your joints and muscles. It can make daily work and family activities more tiring and less enjoyable. It can be physically, mentally, and emotionally exhausting.

Physical therapy can decrease the stress and pain caused by cancer treatments. It can help you feel stronger, give you more energy, and increase your sense of well-being. Physical therapists are experts in improving physical function. They can teach you how to exercise safely and improve the way you move.

Surgery can cause pain, weakness, and stiffness. Stretches and exercises can help to decrease pain and increase strength and flexibility.

Radiation therapy can cause your skin and muscles to tighten. This can cause pain and decrease your motion. Stretches and exercises can help you regain your flexibility and decrease pain.

Chemotherapy can cause weakness and fatigue. Exercise can help you regain your strength and energy.

Lymphedema is abnormal swelling that can begin after radiation and lymph node surgery. Exercises can help to decrease this swelling.

Head and Neck Support

International, Inc is a support group for Head and Neck Cancer survivors. This program was started by their generous support. They meet on the first Saturday of every month at the Keck Hospital Health Consultation Center II 4th floor waiting room at 10am. Please see their website at: www.hncsupport.org/

USC Physical Therapy Associates is a non-profit outpatient physical therapy clinic. They have physical therapists who specialize in helping patients recover from cancer treatment. They provide all equipment for the program sessions. Please see their website at: http://pt.usc.edu/physical_therapy_services/

The **USC Head and Neck Rehabilitation Program** provides an individualized treatment approach for patients experiencing lymphedema, pain, loss of motion, and loss of function after head and neck cancer treatment. The group program is led by licensed physical therapists who specialize in helping patients with head and neck cancer.