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

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.

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.

USC Physical Therapy Associates
1640 Marengo Street, HRA 102
Los Angeles, CA 90033-1036
Tel: 323 224-7070
Fax: 323 224-7075

Head and Neck Cancer Rehabilitation Program

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

USC Physical Therapy Associates
323-224-7070
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.

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