

# Frequently Asked Questions

## How do I access the program?

Admission to the program can be made following referral from your GP, specialist, clinician or self referral, pending doctor approval.

## Where do I go on arrival at the hospital?

Community Rehabilitation Centre  
Corner of McCrae St and Splatt St

## Cost?

This group is free of charge.

## What clothing?

Please wear comfortable clothing and bring a water bottle.



## FOR MORE INFORMATION CONTACT:

**Physiotherapy Department** | Swan Hill District Health

**Address:** 48 Splatt St, Swan Hill

**Phone:** (03) 5033 9321

**Email:** [areception@shdh.org.au](mailto:areception@shdh.org.au)

**Web:** [www.shdh.org.au](http://www.shdh.org.au)



## Oncology Rehabilitation Program

Monday 10:30am

## Exercise Program

The program consists of an individualised exercise program suitable to client's needs and current fitness levels. Some activities may include stationary exercise bikes, steps, walking and upper and lower limb weights.

All exercises are taken at your own pace and you are guided by Physiotherapy and Exercise Physiology staff. You will also be given a selection of exercises to practice at home on other days.

Prior to commencement of the program you will undergo a private consultation with the Exercise Physiologist and Oncology Rehabilitation Coordinator. This will be an initial assessment to determine your current fitness levels. Your referring doctor will be kept informed of your progress.

## Education

There will be an Oncology Education Day twice a year.

Please speak to the Exercise Physiologists to confirm the day and time

Guest speakers will include;

- Dietitian
- Podiatrist
- Lymphoedema Physiotherapist
- Exercise Physiologist
- Psychologist
- Occupational Therapist
- District Nursing
- McGrath Breast Care nurse
- Continence Physiotherapist
- Speech Pathologist

## Benefits of Exercise

The Clinical Oncology Society of Australia (COSA) recommends that exercise be included in every cancer patients treatment plan.

Exercise has many benefits to those who are undergoing treatment and those who have finished.

Benefits include:

- Increase muscle strength
- Increase fitness
- Minimise side effects from treatment
- Decrease fatigue
- Increase chemo completion rates
- Decrease length of hospital stay
- Decrease depression and anxiety

