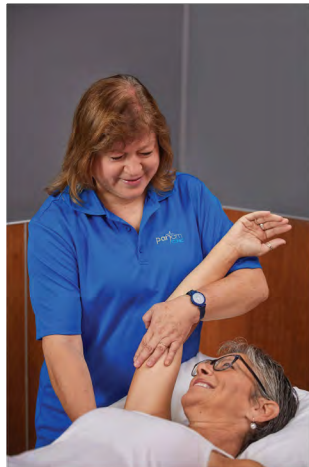


Cancer Rehabilitation Services Include

- Patient education/ self-management skills
- Rehabilitation after cancer surgeries
- Rehabilitation during and after chemotherapy/radiation therapy
- Exercise instruction and guidance - flexibility, strength training, core muscle strengthening, cardiovascular exercises
- Myofascial release techniques, scar tissue mobilization, trigger point massage
- TENS, ultrasound, laser, acupuncture
- Posture education
- Gait and balance retraining
- Management of peripheral neuropathies
- Lymphedema management - risk reduction education, manual lymphatic drainage, compression bandaging
- Return to work advice and planning



How Do I Book An Appointment?

Call **204-927-2660** and ask to see our physiotherapist, Karen Dobbin. Book online at www.panamclinic.org/physio.

Direct Billing available to MPI, WCB, Blue Cross, and most other private insurance providers.



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Physiotherapy Cancer Rehabilitation

Helping each person live life to the fullest before, during, and after cancer treatment





What is Cancer Rehabilitation?

Cancer rehabilitation assists the individual to attain the best possible physical mobility and function within the limits of the disease and its treatment. Cancer rehabilitation is identified as preventative, restorative, supportive, and palliative.

Physiotherapy can help with

- Pain management
- Range of motion, strength, and functional limitations
- Poor balance and mobility
- Weakness, deconditioning, and reduced levels of physical activity
- Numbness and tingling: peripheral neuropathies
- Scar tightness and myofascial dysfunction
- Cancer-related fatigue
- Cancer-related swelling and lymphedema
- Axillary web syndrome

Our approach

- We perform an initial evaluation centered around your specific goals and needs.
- Over the course of treatment, we will work with you to develop a plan of care for all the cancer treatment issues you are experiencing.
- Our goal is to help you regain and improve your abilities and attain the best possible quality of life.

Meet Our Physiotherapist

Karen Dobbin, MSc(Rehab), BMR(PT), CDT



Karen graduated from the University of Manitoba in 1985 with her Bachelor of Medical Rehabilitation in Physiotherapy. She worked for 5 years as a physiotherapist in a hospital setting, and the next 25 years working in private practice in the area of orthopaedic physiotherapy.

For over three decades she has gleaned a vast wealth of knowledge, skills, and experience to expertly treat a wide range of musculoskeletal injuries.

The year 2009 was a key turning point in Karen's career when she was diagnosed with breast cancer. Since that time, Karen has shifted the focus of her postgraduate education to cancer rehabilitation. Karen completed her Master of Science in Rehabilitation from the University of Manitoba in 2013, doing her thesis research in the area of cancer rehabilitation.

Karen has attended multiple courses with a specialty interest in general orthopaedic physiotherapy, treatment of myofascial dysfunction, rehabilitation of those after a cancer diagnosis, and lymphedema management. She is a Certified Lymphedema Therapist, an acupuncture provider, and a clinical instructor and researcher in cancer rehabilitation at the University of Manitoba College of Rehabilitation Sciences.