



Highlands Rehabilitation includes both physical therapy and occupational therapy. Our therapists work closely with physicians to develop an individualized treatment plan. They understand the specific needs of patients in various stages of cancer treatment and have advanced training in oncology as well as lymphedema management.



HIGHLANDS
ONCOLOGY

**Physical Therapy &
Occupational Therapy**

Provided at:

Springdale

3901 Parkway Circle, Ste 100
Springdale, AR 72762
479-249-9417

Rogers

808 South 52nd St.
Rogers, AR 72758
479-695-8086

highlandsoncology.com

PHYSICAL THERAPY & OCCUPATIONAL THERAPY

Personal and specialized care.



Provided by Highlands Rehabilitation



HIGHLANDS
ONCOLOGY



Physical Therapists and Occupational Therapists at Highlands optimize quality of life by:

- Accelerating recovery after surgery, during or after chemotherapy and/or radiation
- Preventing decline in functional mobility
- Training for maximum strength, flexibility, and range of motion
- Reducing scar and soft tissue injury to decrease pain and improve range of motion
- Reducing fatigue and improving stamina
- Maximizing function in activities of daily living
- Decreasing fall risks
- Improving balance and treating vestibular problems
- Reducing pain
- Educating about lymphedema prevention
- Providing complete decongestive therapy for lymphedema
- Addressing and treating impairments caused by peripheral neuropathy
- Treating cognitive deficits including word finding and short-term memory loss caused by cancer treatment (offered by Occupational Therapy)
- Developing personalized home exercise programs for optimal strength and range of motion

Specialized treatments offered:

- Complete decongestive therapy for lymphedema by certified lymphedema therapists
- Measuring and fitting for over the counter and custom lymphedema garments
- Medivision custom garment measurement
- Sozo bioimpedance spectroscopy for detection of subclinical lymphedema
- Breast cancer prospective surveillance and rehabilitation.
- Strength After Breast Cancer (Strength ABC) program: an individualized weight training program
- Head and Neck Cancer Rehabilitation
- Multiple Myeloma Rehabilitation