

# Swedish Cancer Institute Cancer Rehabilitation Services

Use Epic label or list patient name and DOB:

Patient name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Date: \_\_\_\_\_

Phone: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Stage: \_\_\_\_\_

**Physical and/or Occupational Therapy Referral**

**Presenting Problems:**

- Lymphedema
- Impaired Range of Motion
- Musculoskeletal Pain
- ADL Dysfunction

**Physical Therapy for Breast Surgery Patients**

Schedule:  Pre-op  Post-op

**Consultation with an SCI Physiatrist,<sup>1</sup> David Zucker, M.D., Ph.D.**

**Presenting Problems:**

- Cancer-related fatigue (NCCN fatigue score > 3)<sup>2</sup>
- Reduced performance status (ECOG status 1, 2 or 3)<sup>3</sup>
- Disease/treatment morbidity (Pain, neuropathy, bony mets, etc.)
- Cancer-related distress and/or existential concerns
- Pre-habilitation consultation
- Other \_\_\_\_\_

**The ACTIVE Program  
Addressing Cancer Through Individualized Exercise**

**An exercise program aimed at optimizing physical fitness and participation in everyday life**

- Physical Therapist directed
  - ✓ Cancer treatment completed, or
  - ✓ On cancer treatment with minimal morbidity and <60 years old
- Physician supervised\*
  - ✓ On cancer treatment with significant morbidity
  - ✓ Pre-existing co-morbidities

\* Includes consultation with an SCI physiatrist (D. Zucker, M.D., Ph.D.) and evaluation and treatment by a physical therapist

Precautions/comments/other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physician signature: \_\_\_\_\_ Physician name (please print): \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

<sup>1</sup> **Physiatrists** specialize in physical medicine and rehabilitation, restoring optimal function and quality of life to people with physical impairment or disability resulting from illness, injury or disabling conditions.

<sup>2</sup> **Fatigue screen:**  
"How would you rate your fatigue on a 0-10 scale over the past 7 days?" (0 = no fatigue, 10 = worst fatigue imaginable)

<sup>3</sup> **ECOG Performance Status:**  
 1 = Restricted in strenuous physical activity; ambulatory and able to carry out light or sedentary work (e.g., light house work, office work)  
 2 = Ambulatory and capable of all self care; unable to carry out any work activities. Up and about more than 50 percent of waking hours  
 3 = Capable of only limited self care, confined to bed or chair more than 50 percent of waking hours

# Locations

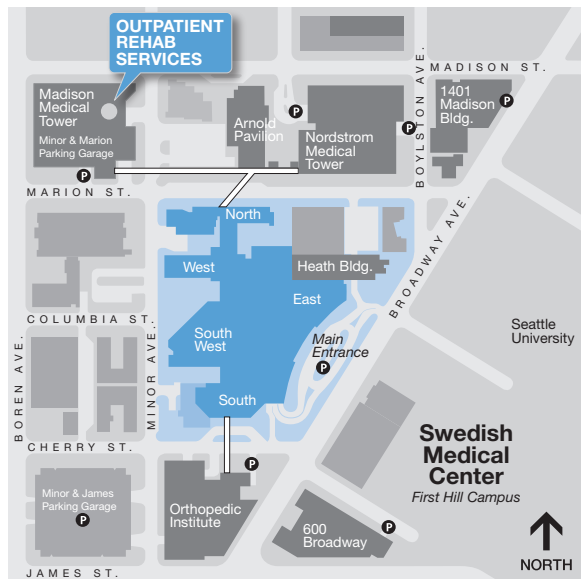
## Swedish/Cherry Hill Directions

### From the North, traveling south on I-5:

Take I-5 southbound to the James Street Exit (165A). Turn left (east) on James Street. James will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson (west). Turn right into the main entrance (north).

### From the South, traveling north of I-5:

Take I-5 northbound to the James Street Exit (164). Turn right (east) on James Street. James will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson (west). Turn right into the main entrance (north).



## Swedish/First Hill Directions

### From the North, traveling south on I-5:

Take I-5 southbound to the James Street Exit (No. 165A). Turn left (east) on James and travel five blocks to the intersection of James and Boren. Turn left (north) on Boren and travel three blocks. Turn right (east) on Marion. Swedish Outpatient Rehabilitation Services is in the building (Madison Medical Tower) on your immediate left.

### From the South, traveling north on I-5:

Take I-5 northbound to the James Street Exit (No. 164A). Turn right (east) on James and travel five blocks to the intersection of James and Boren. Turn left (north) on Boren and travel three blocks. Turn right (east) on Marion. Swedish Outpatient Rehabilitation Services is in the building (Madison Medical Tower) on your immediate left.



## Physical Therapy for Breast Surgery Patients *Program Description*

This program's purpose is to maximize function of your shoulder, including strengthening and stretching exercise. You will also receive information about lymphedema and learn about other cancer rehabilitation services that can enhance well-being throughout your cancer journey.

## Swedish Cancer Institute (SCI) Physiatry Consultation (Cancer Rehabilitation Medicine)

The role of the SCI physiatrist is to develop, implement and supervise a rehabilitation treatment plan that reduces cancer treatment side effects (e.g., fatigue, pain and emotional distress), to improve physical fitness and feelings of well-being, and to empower you to become an active participant in your care.



### SWEDISH OUTPATIENT REHABILITATION SERVICES

#### Cherry Hill

500 17th Ave.  
James Tower, Suite 100  
Seattle, WA 98122  
T 206-320-2404  
F 206-320-4747

[www.swedish.org](http://www.swedish.org)

#### First Hill

1101 Madison, Suite 200  
Seattle, WA 98104  
T 206-215-6333  
F 206-386-2999