



The Victorian
Rehabilitation Centre

499 Springvale Road
Glen Waverley VIC 3150

Phone: 03 9566 2777 | Fax: 03 9566 2913

www.vicrehab.com.au



The Victorian Rehabilitation Centre

A Healthscope hospital.

ABN 61 069 962 698

V2 - 08/2016



The Victorian
Rehabilitation Centre



Cancer Rehabilitation



The Oncology Program at The Victorian Rehabilitation Centre is designed for those with a primary diagnosis of cancer. The program can help you and your family address the physical and psychological needs which may accompany a diagnosis of cancer or as a result of the treatment required.

The oncology team consists of:

- Rehabilitation Specialist
- Occupational Therapist
- Exercise Physiologist
- Social Worker
- Dietitian
- Psychologist

Program Aims

- Develop strategies for fatigue and pain management
- Being part of a network with other people also affected by cancer
- Improved cardiovascular fitness, strength and endurance
- Improved capacity to return to work, sport or leisure pursuits
- Improved self-esteem and overall quality of life, including strategies to assist in the performance of everyday tasks

Importantly we incorporate both exercise and education into our program to ensure that when you leave you have the knowledge and confidence to manage your own health and facilitate a smooth transition back to a more normal lifestyle.

Education Sessions

Scheduled sessions will include education and practical application in:

- Goal setting
- Exercise: During and after treatment
- Relaxation
- Stress Management
- Nutrition
- Exercise benefits and fatigue management
- Social Connections
- Energy Conservation

Program Days

The day consists of a 1 hour education session and 1 hour exercise session. Following a thorough medical and physical examination an appropriate exercise program will be prescribed for you with the aim to gradually build your exercise tolerance.

Progress

Progress is consistently measured using evidence based assessment tools and patient feedback. Patients are monitored closely and exercise programs adjusted as required.

Referral

A referral is required to take part in this program. This can be obtained from your General Practitioner, Specialist or referring hospital.

Funding Arrangements

We have funding arrangements with all private health insurance funds as well as:

- Transport Accident Commission (TAC)
- Department of Veterans Affairs (DVA)
- Worksafe Victoria
- Comcare

Alternatively this program can be self funded.

FAQ's

Q. Can exercise make me feel more tired?

Exercise has shown positive effects in increasing energy levels and decreasing fatigue. Further, there is growing evidence to demonstrate that exercise can help alleviate some of the side effects of cancer and cancer-related treatment.

Q. Can exercise make my cancer worse?

"To date there are **no** detrimental effects of exercise training on people who have cancer or have survived it."

Lucia et al. (2003)... Cancer Related Fatigue. Lancet Oncol 2003.