Once all of the goals have been achieved, physical therapy will assist the individual in establishing a cardiovascular and strengthening program that can be continued at home or a health club. Specific re-training for sports activities such as golf, tennis or skiing is available.

USC Physical Therapy Associates provides the following:

- Balance Training
- Gait Training
- Fall Prevention / Recovery
- Pain Management
- Cardiovascular Training
- Strengthening / Weight Training
- Fatigue Management
- Flexibility Exercises
- Lymphedema Management
- Vestibular Rehabilitation
- Post-surgical Management
- Scar Tissue / Skin Mobilization
- Home Exercise Programs
- Assistive Devices and Splinting

Once all of the goals have been achieved, physical therapy will assist the individual in establishing a cardiovascular and strengthening program that can be continued at home or a health club. Specific re-training for sports activities such as golf, tennis or skiing is available.

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Cancer Recovery: The Journey From Treatment to Wellness
Cancer treatments can compromise a persons’ quality of life. Physical therapy can benefit the person with cancer during all stages of treatment and recovery by minimizing the side effects of cancer treatments and optimize the healing process. If you or your patient is experiencing any of the following symptoms a referral to physical therapy may be indicated:

- Fatigue
- Pain
- Muscle Weakness
- Deconditioning
- Loss of Balance / Falls
- Decreased Flexibility
- Decreased Joint Motion
- Sensory Changes

Physical Therapy Provides a Guided Return to Physical Activity

Cancer treatment may interfere with a persons’ ability to manage work and home responsibilities. The journey towards recovery and resuming previous activities can be emotionally and physically exhausting. Physical therapy can facilitate and ease the recovery process by reducing the physical stress and pain caused by cancer treatments, providing individualized strategies for fatigue management, and providing safe guidelines when establishing an exercise routine.

USC Physical Therapy Associates offers individualized programs to achieve goals that are meaningful to you. Clinical expertise covers many areas including a certified Lymphedema therapist and certified Orthopedic and Neurologic Clinical Specialists.

Radiation therapy can cause loss of skin mobility and loss of motion. Specialized manual techniques are utilized to achieve full joint motion and to regain skin mobility.

Chemotherapy often causes significant fatigue and lowers the blood count. A physical therapist determines how frequently, how long, and at what intensity it is safe to exercise while working towards your individual goals. Exercise and medications can reduce fatigue and increase a sense of well being.

Lymphedema is an often overlooked condition that may occur after radiation and lymph node surgery. USC physical therapy program provides a comprehensive education and an individualized treatment approach for patients experiencing lymphedema.

The goal for a person with lymphedema is to learn to manage this condition and regain his/her quality of life.