








# Care During Cancer Rehabilitation — At A Glance

For an Emergency, Call 911

<h2>Activity</h2> 	<h2>Keep a Log/Journal</h2> 	<h2>Medicines/Comfort</h2> 	<h2>Self-care</h2> 	<h2>When to Call Your Doctor</h2> 
<ul style="list-style-type: none"> <li>■ Talk with your doctor before you start an exercise program.</li> <li>■ Get regular exercise each day.</li> <li>■ Follow your physical therapist's directions.</li> <li>■ Balance rest with activity.</li> <li>■ Do a mix of exercises:                             <ul style="list-style-type: none"> <li>— cardio (walking, biking, running)</li> <li>— weight training</li> <li>— stretching.</li> </ul> </li> <li>■ Do your exercises slowly so you do not get hurt or wear yourself out.</li> <li>■ Drink lots of water when you exercise.</li> <li>■ Consider using a pedometer or step-tracking device.</li> <li>■ Take extra care in hot or cold weather.</li> </ul>	<ul style="list-style-type: none"> <li>■ Consider writing in a journal. Write down:                             <ul style="list-style-type: none"> <li>— how you are feeling</li> <li>— your successes</li> <li>— your symptoms</li> <li>— what you are grateful for</li> <li>— questions or concerns for any member of your health care team.</li> </ul> </li> <li>■ Consider keeping a symptom and activity log to track your pain, fatigue, sleep, food and your steps.</li> </ul> <p style="text-align: center;">   <a href="http://allinahealth.org">allinahealth.org</a> </p> <p style="font-size: small;">                     © 2021 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM                      OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS                      THIS FACT SHEET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE.                      pt-ah-47820 (3/17)                 </p>	<ul style="list-style-type: none"> <li>■ Take your medicines as prescribed each day.</li> <li>■ Try comfort measures such as:                             <ul style="list-style-type: none"> <li>— aromatherapy</li> <li>— listening to relaxing music</li> <li>— warm pack or ice pack</li> <li>— coloring, knitting or another light hobby.</li> </ul> </li> <li>■ Talk with your pharmacist or primary care provider before you start taking any new over-the-counter medicines, vitamins or natural or herbal products.</li> </ul>	<ul style="list-style-type: none"> <li>■ Drink lots of water.</li> <li>■ Eat well-balanced meals. Try to avoid highly processed foods that are high in salt (sodium). Whole foods are best.</li> <li>■ Get at least 7 hours of sleep each night.</li> <li>■ Practice relaxation exercises such as:                             <ul style="list-style-type: none"> <li>— breathing exercises</li> <li>— progressive relaxation</li> <li>— guided imagery.</li> </ul> </li> <li>■ Avoid naps longer than 30 minutes.</li> <li>■ Consider joining a support group.</li> <li>■ <b>Do not use tobacco.</b> If you need help quitting, ask your doctor for resources.                              </li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Call your doctor if you have:</b> <ul style="list-style-type: none"> <li>— trouble breathing</li> <li>— fatigue (if you cannot perform your everyday activities)</li> <li>— problems walking</li> <li>— shaking, dizziness when you walk or stand</li> <li>— numbness, tingling or other sensations in your leg or arm</li> <li>— tightness in your clothing or jewelry</li> <li>— pain that is new, worse or keeps you from your activities</li> <li>— questions or concerns.</li> </ul> </li> </ul>