

# Is Cancer Rehabilitation Right For You?

Question	Yes	No
Are you having any pain after your cancer surgery or treatment?		
Is pain or tightness limiting your flexibility or reaching ability?		
Do you have any numbness, tingling or pain in your hands or feet?		
Are you having trouble with your balance or are you afraid of falling?		
Have you had surgery that included removing lymph nodes?		
Does any part of your body feel swollen or larger than usual?		
Are you having trouble concentrating, thinking or remembering things?		
Are you having trouble speaking?		
Is it hard for you to open your mouth to speak, chew, drink or laugh?		
Are you having trouble eating or swallowing?		
Do you have problems going or getting to the bathroom?		
Are you having trouble taking care of yourself (such as getting dressed)?		
Are you having trouble with everyday tasks (such as shopping)?		
Are you having any trouble driving?		
Are you concerned about going back to work?		
Are you concerned about exercising or participating in activities?		
Other concerns you have:		

If you answered “yes” to any of these questions, consider calling Courage Kenny Rehabilitation Institute. You can meet with a cancer rehabilitation doctor or nurse practitioner about your needs.

Call 612-863-2123 or 1-866-223-0149 (free call) or visit [allinahealth.org/couragekenny](http://allinahealth.org/couragekenny) to learn more.