



## Insurance Coverage

Most cancer rehabilitation services are reimbursed by health insurance providers. Check your insurance plan for specific rehabilitation benefits.

## Appointments and Information

For appointments or additional information, please call 636.256.7827. A provider referral is needed before beginning therapy.

## Locations

Cancer rehabilitation programs are available at these locations:

### Mercy Clarkson and Clayton

15945 Clayton Rd. | Suite 230 C  
Ballwin, MO 63011

### David C. Pratt Cancer Center

607 S. New Ballas Rd. | Suite 2210  
St. Louis, MO 63141

### Mercy Therapy Services - Crestwood

10024 Watson Rd.  
St. Louis, MO 63126

### Mercy Therapy Services - O'Fallon

300 Winding Woods Dr.  
O'Fallon, MO 63366

### Mercy Therapy Services - Hazelwood

755 Dunn Rd. | Suite 145  
Hazelwood, MO 63042

[mercy.net/stl](http://mercy.net/stl)



*Your life is our life's work.*

STL\_32932 (11/22/16)



# Mercy Oncology Rehabilitation and Survivorship Program

*A comprehensive  
Oncology Rehab program*



*Your life is our life's work.*



## Your Cancer Rehab Team

The journey through cancer treatment can be a tough one. Whether you've just been diagnosed, have already completed treatment or are somewhere in between, Mercy Oncology and Rehabilitation and Survivorship Program can help improve your physical, emotional and spiritual outlook. Our proven program helps patients heal.

This is the most comprehensive program in the area. It includes clinicians and specialists from many different areas to help ease the effects of cancer treatment and improve the way you feel and live.

### Your expert team may include:

- Medical oncologists
- Radiation oncologists
- Surgical oncologists
- Breast surgeons
- General surgeons
- Physical therapists
- Occupational therapists
- Chiropractors/acupuncture
- Dietitian
- Breast navigators
- Palliative care specialists
- Holistic nurse
- Infusion nurses
- Social workers
- Inpatient oncology staff
- Pastoral services
- Certified lymphedema therapists
- Psychologists

## Rehabilitation Plans

We'll work with you to develop a cancer rehabilitation plan to help you heal. The specifics of your plan will depend on your individual goals and may include focusing on increasing strength and energy, managing pain, improving functionality for daily living and improving quality of life.

### Our team specializes in addressing these conditions:

- Balance and gait problems
- Chemotherapy-induced neuropathy
- Cognitive issues (difficulty processing information)
- Emotional distress
- Headaches
- Inability to perform daily living activities
- Limited movement of extremities
- Lymphedema, including post-operative edema
- Musculoskeletal or neuropathic pain
- Post-mastectomy pain syndrome
- Radiation fibrosis syndrome
- Sexual dysfunction
- Sleep problems
- Speech/language disorders
- Swallowing issues
- Urinary incontinence
- Weakness and fatigue
- Weight loss and problems with taste, appetite, constipation and diarrhea

## Therapy Services

### Therapies may include:

- Customized exercise programs to improve strength, mobility and endurance
- Energy conservation training
- ADL (self-care) training
- Certified lymphedema specialists apply edema care
- Patient and family education
- Referrals to social worker or other services as needed

### We also offer services to promote healing and well-being including:

- Massage therapy
- Acupuncture
- Healing touch
- Guided imagery
- Reflexology

At Mercy, we're dedicated to helping cancer survivors regain health and wholeness so that they can have the best quality of life possible.

Cancer treatment can often cause significant pain, fatigue and disability. Our rehabilitation program can help minimize the difficult side effects that often come with treatment. Our expert team will support you throughout your treatment and beyond.