

PHYSICAL THERAPY ORDER FORM:

Rehabilitation and Stress Management Program for Cancer Survivors

The Texas Cancer Council has awarded a \$100,000 grant to the Seton Cancer Care Team for providing rehabilitation and stress management services to help patients cope with the number one side effect of cancer--- fatigue. The program is specifically designed to reduce fatigue levels and improve the quality of life of each patient.

Patients are evaluated by a physical therapist and then a program is created for the patient to improve their cardiovascular fitness, strength, and flexibility. Our goal is to improve patient' rating of quality of life, fatigue levels and endurance by an average of 30%.

Rehabilitation Services also include:

- Fatigue Program through Seton Out-patient Physical Therapy Services
- Stress Reduction Classes which include components of :
 - Yoga
 - Reiki
 - Meditation and awareness
 - Stretching and breathing exercises

The program is free of charge to those who face challenges in finding the care they need which is magnified by physical problems caused by the treatments that works to save their lives .

Patient Name: _____

Date of Birth : _____

Diagnosis: _____

**This patient can safely participate in physical therapy.
Please evaluate and treat for fatigue.**

MD signature: _____

(A maximum amount is set for each patient and category. Final authorization of funding will be granted by Cancer Program Manager according to the needs of the patient. A letter of approval for funding will be given to both health provider and patient.)