

What is Oncology Rehabilitation?

Oncology rehabilitation is part of the personalized treatment plans that are designed for each patient, to help support quality of life and reduce the risk of treatment delays. Your care team will help you decide which oncology rehabilitation therapies may benefit you.

Oncology rehabilitation may offer a number of benefits for cancer patients to help manage the symptoms or side effects of cancer.

Oncology rehabilitation offers a wide variety of therapies that are designed with the goal of helping patients to build strength, reduce stress, boost endurance, regain independence and maintain the energy needed to continue treatment and participate in daily activities.

The St. Anthony Oncology Rehabilitation team includes physical therapists, occupational therapists, and speech and language pathologists. In addition, the department offers lymphedema prevention and treatment strategies. Some patients may find that oncology rehabilitation services help them stay strong, support the immune system, manage side effects, and maintain well-being so patients can focus on healing.

Oncology Rehabilitation Services

Oncology Rehabilitation Services

Are Available

Monday through Friday

7:30 am to 5:00 pm

St. Anthony Rehab Services

Phone: (712) 794-5000



Specially trained to help patients
and their loved ones
with daily living activities associated
with a cancer diagnosis.

Health, Healing, & Hope



Occupational Therapy (OT)

Occupational therapy works with a wide variety of conditions and diagnosis. OT helps patients regain and manage range of motion, activity tolerance, muscle strength, scar tissue, chemotherapy-induced peripheral neuropathy, and cognitive functions such as memory. OT aids with the ability to do activities of daily living (or occupations) such as bathing, dressing, eating, grooming, sleeping, socializing, shopping, leisure participation, home management, and work activities. OT assists with lymphedema management and can help manage other side effects of cancer treatment.

- Jaime Weitzl, OT, is a certified oncology rehabilitation therapist with advanced training in breast cancer rehab.

Physical Therapy (PT)

Physical Therapy also works with a wide variety of conditions and diagnoses. PT helps patients regain their strength, balance, activity tolerance, and improve mobility. This includes walking, getting out of chairs, up/down steps, and other daily activities. Sometimes PT may recommend assistive devices such as a walker or a cane to allow for safe mobility for the patient. PT also assist with lymphedema management and can manage other side effects of cancer treatment.

- Sheri Wanninger, DPT, and Jeff Aden, DPT, are certified oncology rehabilitation therapist with advanced training in pelvic and lower extremity cancer, chemo toxicity and cancer exercise.

Speech Therapy (ST)

Speech therapy works primarily with mouth and neck conditions as well as other conditions that affect talking and swallowing. Speech therapy helps patients regain their ability to eat/swallow and talk. Speech therapy also aids patients to regain cognitive and memory abilities. Speech therapy can assist with lymphedema management and can help to manage other side effects of cancer treatment.

- Tammy Hulsing, SLP, is a certified oncology rehabilitation therapist with advanced training in head and neck cancer.

Oncology Rehabilitation can help cancer patients who may be having issues with:

- Walking
- Eating / Swallowing
- Speaking / Communication
- Fatigue
- Memory
- Peripheral Neuropathy and Tingling in Limbs
- Lymphedema / Swelling
- Cardiac
- Incontinence
- Stiffness / Decreased Range of Motion
- Difficulties Completing Activities of Daily Living
- Returning to Work
- Sexual Health