

Cancer Survivorship Wellness Program

Grit Mobility Concepts

Who is this for?

This program is for anyone who has been diagnosed and treated for cancer of any kind. We know that treatment (chemo and radiation) can have long term effects on the body. The program is only appropriate for those who are considered medically stable and cleared to participate in an exercise program.

Why is this important?

Studies show that “Exercise is Medicine”! It can help lower incidences of cancer, cardiovascular disease, diabetes, blood pressure, AND boost brain health! https://www.exerciseismedicine.org/support_page.php/physical-activity-health-impact/

- Brain health also means sharper thinking and better mood regulation to help with depression, stress, and anxiety= you can be more engaged with those around you and have a better quality of life
- Studies also show that exercise is safe when performed within recommended guidelines and can even help with fatigue, lymphedema, depression/anxiety, and bone health DOI: 10.1249/MSS.0000000000002116

When would be a good time for this?

- After discharging from a therapy program to help you maintain what you have gained
- If you want to supplement your current therapy program to help you meet your goals
- Anytime you feel like you need some exercise guidance to get healthier, but don't know how to safely start

What does the program look like?

- It will start with a quick assessment of how well you are moving, what kind of program are you currently on, and if there is an exercise/activity of interest
 - Education on positioning, safety, joint protection, energy conservation, and optimal movement strategies integrated throughout program
- Develop a program together that will work towards your needs (may include pieces of your current program)
 - \$175 Initial Wellness Assessment + Individualized Program Development (60 minutes-in person)

**Virtual option using secure platform: \$150 for assessment and program development*
- Follow up Wellness visits (45 minutes) = \$125/visit OR \$600 package of 5 in-person visits (\$25 savings)
 - Additional \$15 travel fee per visit if >10 miles from 83616 zip code

**Virtual option using secure platform: \$95 per follow-up visit OR \$450 package of 5 virtual visits (\$25 savings)*

How do I start?

- Call 208-992-7550 or e-mail PTdoc@gritmobility.com to ask about the Cancer Survivorship Wellness Program



Dr. Ann Phillips, DPT, NCS
Board Certified Neurologic Clinical Specialist
208-992-7550 (P) 208-556-7830 (F) PTdoc@gritmobility.com