



ONCOLOGY ASSESSMENT

What will happen during your initial assessment ?

We initially talk about your cancer journey from initial diagnosis, your treatment to date through to planned and upcoming treatment both within the NHS and privately.

We will then discuss issues you are currently facing and any concerns you may have for the future. This can include but is not limited to:

- * Pain control issues
- * Persistent fatigue
- * Side effects of hormone blocking medication
- * Mobility issues
- * Scaring / cording
- * Exercise prescription etc

Once we have established your concerns and anxieties we will proceed to a physical examination, this will involve:

- Observation of posture, bruising, swelling
- Specifically checking for any lymphoedema, scars, cording
- Assess areas of pain
- Assess the movement of joints around the area
- Palpation: scars, cording areas of tenderness, tissue sensitivity

After your first session you will be given a treatment plan which includes hands on treatment, advice and a personalised exercise program tailored for your movement and strength needs.

If hands on treatment is required regular sessions will be needed initially to get on top of any cording, lymphoedema or scar tissue that has formed.

Your treatment plan will be tailored to your specific needs and will move at a pace most suited to you. This is your journey and we are here to help navigate you through to living your best life post treatment.