

Soundbite Script – Tackling the Effects of Cancer

Anne Hammes, Cancer Survivor

“She said you have what we call radiation fibrosis, because it was exactly where I had received the radiation. And she said, I can help you. I nearly cried. I was just thrilled.”

Robyn Johnson, Physical Therapist, OSF HealthCare

“Oncology rehab includes any rehab professional whether it's occupational therapy, physical therapy, speech therapy working with an oncology patient throughout their treatment plan of care, whether that's before they start treatment, after treatment or even during treatment. We work to help them maintain their best function.”

Robyn Johnson, Physical Therapist, OSF HealthCare

“What I see as a physical therapist are patients who are having pain, fatigue, range of motion or strength issues following surgery or chemo, whereas a speech language pathologist could be seeing patients having difficulty with swallowing, eating or memory issues.”

Robyn Johnson, Physical Therapist, OSF HealthCare

“If you think about exercise, in general, it releases endorphins, which gives you a positive feeling. You may be able to do something that you hadn't been able to do while undergoing treatment. It just gives you that sense of a job well done; I am getting better and I can do things now that I wasn't able to do before.”

Anne Hammes, Cancer Survivor

“I would say if things are bothering them or are getting worse, speak up. Speak up sooner. You'd be surprised that help is out there. People can help you with things that I wasn't really expecting.”