

## Improving Your Mobility and Strength

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Physical Medicine and Rehabilitation (PM&R) doctors can use tools such as therapy, exercise and medicine to help improve your physical mobility, strength and quality of life during and after cancer treatment. They create a personal care plan to help you meet your goals. Care often includes referrals for therapy, medical equipment and/or pain management without opioids.

Conditions they treat include:

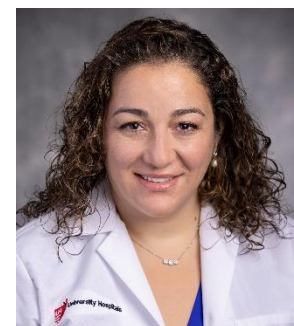
- Weakness and fatigue
- Problems with concentration or thinking
- Worsening spine, joint or nerve pain due to cancer treatment
- Loss of mobility due to back, neck, knee or shoulder or joint pain
- Nerve changes (called neuropathy) in your hands or feet that may be painful or causing balance problems or falls
- Lymphedema (swelling) after surgery in the arms, legs, chest, face and/or neck
- Problems with swallowing or speech

### How to schedule a visit with our Cancer Rehab Specialist

Dr. Yevgeniya Dvorkin Winger can see you for an in-depth consult visit before, during or after you start cancer treatment. She specializes in cancer rehabilitation medicine and sees UH Seidman Cancer Center patients.

Consult visits are in person and follow-up visits may be in person or by video.

To schedule or learn more, please call **216-285-4390**



**Yevgeniya Dvorkin Winger, MD**  
Cancer Rehab Specialist