Cancer is a complex disease that can have a profound impact on physical, emotional, and social functioning. Cancer rehabilitation plays an essential role in helping individuals with cancer to optimize their physical function, manage symptoms, and improve their overall quality of life. Despite the growing recognition of the importance of cancer rehabilitation, it remains underutilized in many settings.

Cancer rehabilitation is a comprehensive approach that addresses the unique needs of individuals with cancer, including those related to physical function, pain, fatigue, and psychological well-being. Rehabilitation can be delivered across the continuum of care, from the time of diagnosis through survivorship or end-of-life care. It includes a range of interventions, such as exercise, physical therapy, occupational therapy, speech therapy, and psychological support.

Research has demonstrated that cancer rehabilitation can have significant benefits, including improvements in physical function, symptom management, and quality of life. Additionally, rehabilitation may help to reduce healthcare costs by decreasing the need for hospitalization, emergency department visits, and other healthcare services.

Despite the evidence supporting the importance of cancer rehabilitation, there are still significant barriers to its implementation, including limited access to rehabilitation services, inadequate reimbursement, and a lack of awareness among healthcare providers and patients.

This presentation will highlight the importance of cancer rehabilitation and discuss strategies for increasing its utilization in clinical practice. By improving access to and awareness of cancer rehabilitation, we can help individuals with cancer to optimize their physical function, manage symptoms, and improve their quality of life.