

# Physiotherapy



# What is Physiotherapy?

Physiotherapy is a form of treatment that aims to restore movement and physical function that has been affected by injury or disease. Here at Hospital Picaso, physiotherapy is focused on helping patients regain their physical strength and mobility as a result of cancer treatment and/or surgery, alongside various other conditions treated at our Centres.

The type of physiotherapy treatment depends on the needs of each patient and their condition. Some of the activities that may be part of an in-patient physiotherapy session include:

- Early mobilisation
- Respiratory care
- Functional balance training
- Caregiver training



# REHAB CONCEPT

## Our Physiotherapy Partner - Rehab Concept

Picaso is proud to partner with Rehab Concept, a centre providing rehabilitative services and post-operative care. Rehab Concept's newest centre in Jaya One, Petaling Jaya focuses on musculoskeletal and oncology rehabilitation, helping many of our patients return to their normal lives after undergoing treatment.

## Our Physiotherapy Partner - Rehab Concept



## Oncology Rehabilitation

Depending on the side effects and severity of the cancer treatment, patients may be recommended to undergo oncology rehabilitation. The rehabilitation aims to maintain and restore function, quality of life as well as emotional well-being for cancer patients. Oncology rehabilitation is available before, during, and after cancer treatment to address various conditions that may arise.

## Lymphoedema Therapy

Lymphoedema is the swelling of the arms or legs caused by problems with the lymphatic system. It is a common side effect of cancer treatment, especially breast cancer, with 1 in 5 breast cancer patients being affected by lymphoedema after their treatment. Physiotherapy can manage and reduce the swelling through manual lymphatic drainage (MLD), massage, and exercise.



## Pelvic Floor Rehabilitation

Patients suffering from pelvic issues like incontinence, sexual dysfunctions and pelvic pain can address many of these symptoms through pelvic floor rehabilitation. This form of rehabilitation aims to restore function and improve pelvic health through exercise and manual therapy.

Many pain conditions around the pelvis can be improved through pelvic floor rehabilitation, such as:

- Uterus/bladder prolapse
- Urinary incontinence
- Dyspareunia
- Vaginismus
- Coccydynia
- Painful bladder syndrome
- Chronic pelvic pain syndrome
- Persistent genital arousal disorder

Other women's health-related musculoskeletal conditions:

- Pre-natal/post-natal low back pain
- Symphysis pubic dysfunction
- Pelvic girdle pain
- Diastasis recti
- Trigger fingers
- Carpal tunnel syndrome
- Restless leg syndrome
- Leg cramping
- Neck pain

## Pain Management

Depending on the treatment and the body's condition, pain might be an unavoidable part of the patient's treatment. With physiotherapy, the pain and discomfort can be reduced and controlled, improving the patient's quality of life.

## How to Make an Appointment

Your care team at Picaso will advise you on the physiotherapy services required for your treatment. Appointments for your physiotherapy sessions can be made with Rehab Concept PJ:

### **REHAB CONCEPT PJ**

A-7-G & A-7-M, Jaya One, 72A,  
Jln Profesor Diraja Ungku Aziz,  
Seksyen 13, 46200 Petaling Jaya, Selangor 2.

Contact Number: 012-688 9744

Operating Hours: Monday - Saturday | 9:00 am - 5:00 pm



**SCAN FOR  
WEBSITE**

Please bring all relevant diagnostic test results (i.e. X-ray, MRI, etc) as well as other documents as advised by your care team. You are recommended to wear loose, breathable clothing for your assessment/treatment sessions.



# P;caso

HOSPITAL PICASO

PJ Integrated Centre  
for Advanced Surgery  
and Oncology



## HOSPITAL PICASO

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