

# The RESTORE Program

Reducing **E**ffects on the **S**houlder **T**hrough **O**ncology **R**ehab and **E**ducation

**For people with cancer who have common shoulder problems**

Read this resource to learn:

- What the program is about
- How the program can help you
- Who can join
- How to join
- Where to go

What our participants have told us:

I was recently diagnosed with lymphedema. I feel less scared about it after today's class.

(Patient Feedback from Week 5 of Education Class)

Excellent program. I really enjoyed it and looked forward to it all week. It was calming and really gave my affected arm a good workout. I would do it again in an instant if asked.

(Patient Feedback from Aquatic Therapy Class)

[The pool program] helped me physically and mentally. I felt my pain was being acknowledged and I felt validated.

(Patient feedback from Aquatic Therapy Class)



## What is the RESTORE Program?

The RESTORE program is an education and exercise program that helps people with cancer who have problems in the shoulder area. RESTORE can also help people with problems in the arm, chest or neck on the same side of the body.

Common shoulder problems RESTORE can help with may include:

- Pain
- Swelling
- Decreased movement
- Limited strength
- Poor posture  
or
- Trouble doing day-to-day activities (such as dressing, reaching for things over your head, or lifting objects)

Each 2-hour class includes:

- ✓ 1-hour of education, where you learn how to improve your pain and movement.
- ✓ 1-hour of pool therapy, where you do gentle exercises in warm water.

The class runs for 6 weeks in a row.

Classes are taught in small groups of 4 to 6 people.



## What will I learn during the education classes?

You will learn how to manage common side effects of cancer surgery, chemotherapy or radiation.

The weekly topics covered are:

<b>Topic</b>	<b>Content</b>
Week 1: The Shoulder	You will learn about the shoulder, how it moves, and common shoulder problems that people with cancer may have.
Week 2: Relaxing Tight Muscles	You will learn exercises to relax and lengthen tight muscles.
Week 3: Cording (Axillary Web Syndrome)	You may feel like you have cords, ropes or wires in the armpit, arm, chest or abdomen. Cording is common after lymph nodes are removed during surgery. In this session, you will learn tools and exercises to improve tight and painful cords.
Week 4: Scar Management	You will learn how to reduce tingling, numbness or pain around your scar and how to improve its movement.
Week 5: Lymphedema	Swelling or puffiness in your chest, arm or hand can be caused by damage to your lymphatic system. This is called lymphedema. In this class, you will learn about common causes of lymphedema and how to manage it.
Week 6: Posture and Review	You will learn how to adjust your posture to lower the risk of hurting your body in everyday situations. For example, you will learn about posture when sleeping, working on a computer, or lifting and carrying objects.

## **What will I learn during the pool therapy classes?**

We will teach you exercises such as water walking and Ai Chi movements to improve your ability to move your shoulder. Ai Chi is similar to Tai Chi. It includes slow, smooth movements and breathing exercises. You may also learn strengthening exercises in the pool if they are right for you.

The classes are all taught in a heated pool.

## **Do I need to know how to swim to attend the pool program?**

No, you do not need to know how to swim to attend the pool program. All exercises are done standing up in shallow water that is at about shoulder level. Wear comfortable clothing (most people wear a one-piece bathing suit and some wear a t-shirt over top).



## **Who can join the RESTORE program?**

If you developed shoulder problems related to your recent cancer treatments you may be eligible to join the RESTORE program. You do not need to be a UHN patient to be eligible for the program.

## **How do I get referred to the program?**

If you are interested in joining the RESTORE program, have your doctor fill out the **Outpatient Therapy Referral Form**. You can find the referral form online at:

[http://www.uhn.ca/TorontoRehab/Health\\_Professionals/Referrals/Pages/dr\\_referral\\_musculoskeletal\\_outpatient\\_rehabilitation.aspx](http://www.uhn.ca/TorontoRehab/Health_Professionals/Referrals/Pages/dr_referral_musculoskeletal_outpatient_rehabilitation.aspx)

Once you have been referred, we will contact you to schedule an assessment with an Occupational Therapist (OT). If you are a patient of UHN, the OT will let you know if the RESTORE program is right for you based on your stage of recovery, current goals, and need for therapy.

If you are not a patient of UHN, you will be assessed by an OT, Physiotherapist (PT) and doctor in clinic to determine if you are eligible for the RESTORE program.

## **What does the program cost?**

There is no cost for you to take part in RESTORE. You must have a valid OHIP card.

There is no cost for the handouts that we give you during the education classes or for towels provided during the pool therapy sessions.

## **Research**

During the first and last weeks of the program, we will ask you to complete a few surveys in the education class. We will also assess your shoulder movement and hand strength at the beginning and end of the pool program.

## Where are RESTORE classes?

RESTORE takes place at Toronto Rehab, University Centre.

**Address:** 550 University Avenue.

**Nearest major intersection:** University Avenue and Dundas Street West  
The University Centre is on the northwest corner of Elm Street and University Avenue, one block north of Dundas Street West.

**Parking:** Paid parking is available on Murray Street (behind the hospital).

**Public transit:** The nearest subway stop is St. Patrick Station (on line 1).

**Wheel-Trans:** There is a driveway where you can be dropped off at the Elm St. entrance of the building.

Anyone driving you to the program can use the driveway to drop you off.

Once you arrive, please take the South elevators to the 2nd floor. Check in with the staff at the desk across from the elevators when you arrive.

## Where can I get more information about the RESTORE program?

For more information or to request a paper copy of the referral form, please contact the Program Service Coordinators at 416 597 3422, ext. 3074.

Musculoskeletal Rehabilitation and Multi-System Outpatient Program  
Toronto Rehab – University Centre  
550 University Ave, 2 South  
Toronto, ON M5G 2A2  
Phone: 416 597 3422 extension 3074  
Fax: 416 597 7174

Visit [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) for more health information.

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