

Physical and Occupational Therapy for Children, Teens, and Young Adults with Cancer



Physical therapists (PTs) and occupational therapists (OTs) help patients improve movement and function. A PT and/or OT may be a part of your child's care team during and after cancer treatment here at Children's Hospital of Los Angeles (CHLA). Read more about these services below:

Children, teens, and young adults who have had cancer treatment are at risk for:

- Muscle weakness (steroid myopathy)
- Nerve damage (peripheral neuropathy)
- Problems with balance
- Problems with flexibility
- Lower heart and lung capacity
- Delays in motor skills (running, jumping, hopping)

What does physical therapy help with during treatment?

- Examine muscle strength, flexibility and endurance
- Examine balance, coordination and gross motor skills
- Examine functional mobility (getting out of bed, on/off floor, walking, climbing stairs)
- Check for treatment side effects that may affect mobility
- Help with making routines for activity and exercise
- Help adapt exercise and activity for safety
- Equipment to help with safety and mobility (such as a walker or cane)

What does occupational therapy help with during treatment?

- Examine muscle strength, flexibility and fine motor skills
- Examine activities of daily living (dressing, grooming, eating, bathing)
- Check for treatment side effects that affect daily tasks and activities at school
- Help with making routines for independence
- Equipment to help with daily activities (such as a shower chair or commode)
- Help manage and improve appetite
- Prepare for return to daily life in the community

CHLA and other community clinics have physical and occupational therapy services. Please ask your (child's) medical provider for a referral.

Rehabilitation Services

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 02/28/24