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## **New Horizons Physical Therapy is San Diego's Only Oncology Rehabilitation Specialty Practice to Offer a Prescriptive Exercise Program for Cancer Survivors**

**San Diego, CA.** — New Horizons Physical Therapy is the only Oncology Rehabilitation Specialty Practice in San Diego County to offer a structured, prescriptive exercise program for cancer survivors. Being the first of its kind, the new service is aptly named the "**Functional Restorative Lab**", focusing on restoring the prior level of function and quality of life for cancer survivors that is so negatively affected by cancer treatment intervention. This specialized service will add a much-needed option for those cancer survivors who are going through, or have recently completed, formal cancer treatment yet are still feeling the effects of that treatment intervention.

"Much of the literature being published today in peer-reviewed journals confirms that a formal, structured, and supervised prescriptive exercise program is significantly beneficial to cancer survivors", says Dr. Joe Mondry, DPT, MSRS, CSCS, CLT, a board Certified Strength and Conditioning Specialist and a Certified Cancer Exercise Specialist. "Not only are cancer survivors dealing with the disease of cancer, but they are dealing with the debilitating side effects of cancer treatment intervention. These symptoms include debilitating fatigue, cognitive difficulty, depression, emotional stress and anxiety as well as nutritional and sleep difficulties. "Exercise has been proven to be beneficial in reversing all of the organ and systemic toxicities that accompany cancer treatment intervention. It's quite satisfying to offer such a meaningful and positively impacting service that will dramatically influence a cancer survivor's life," says Dr. Mondry.

Often, cancer survivors receive no instruction about exercise, or are simply not offered the option to address their persistent symptoms within the healthcare system. However, medical evidence in published literature has proven the positive effects of exercise on the body, even for cancer survivors. These positive effects include enhancements of cardiac and pulmonary function, increased flexibility and range of motion, increased muscular power, strength and endurance, increases in lean muscle mass and improved body composition, improved appetite and nutritional uptake as well as improved sleep patterns. "With all of these positive effects of exercise, it makes perfect sense that the people who need this treatment option the most are those cancer survivors who have experienced the most negative impact on their lives", says Dr. Mondry. "My goal is to make this prescriptive exercise program available to every cancer survivor in the hopes of improving lives one person at a time. We have a responsibility to our community to offer the very best medical services based on the most current literature to those who need it the most".

New Horizons Physical Therapy is the only Oncology Rehabilitation Specialty Practice in San Diego County that offers comprehensive Lymphedema and Cancer Rehabilitation services. Dr. Joe Mondry, DPT, MSRS, CSCS, CLT, and Dr. Tammy E. Mondry, DPT, MSRS, CLT-LANA are the only Doctors of Physical Therapy in San Diego County who are both Certified Lymphedema Therapists and Certified Cancer Exercise Specialists.