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P R E S S R E L E A S E

New Horizons Physical Therapy is the Only Cancer Specialty Practice in San Diego County to Offer a Functional Restorative Lab to Address the Myriad of Symptoms of Cancer Patients

San Diego, CA. — New Horizons Physical Therapy is the only cancer specialty clinic in San Diego County to offer Cancer Rehabilitation services focused on addressing the myriad of symptoms experienced by cancer patients. 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 patients that is so negatively affected by cancer treatment. This specialized service will add a much-needed option for those who are going through or have completed formal cancer treatment, yet are still feeling the effects of that treatment.

“Much of the literature being published today in peer-reviewed journals confirms that a formal, regimented, and supervised prescriptive exercise program is beneficial to cancer patients”, says Dr. Joe Mondry, DPT, MSRS, a Certified Cancer Exercise Specialist. “Not only are patients dealing with the disease of cancer, but they are dealing with the debilitating effects of cancer treatment. These 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 many of the organ and systemic toxicities that accompany cancer treatment. It’s quite exciting to be able to offer such a meaningful and impactful service that will positively influence a patient’s life,” says Dr. Mondry.

Often, patients are not encouraged to exercise or are simply not offered the option to address their persistent symptoms. However, the medical evidence in the literature has shown the positive effects of exercise on the body. 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 patients who need this treatment option the most are those cancer patients who have experienced the most impact on their lives”, says Dr. Mondry. “My goal is to make this service available to every cancer patient 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 cancer specialty clinic in San Diego County that provides comprehensive Cancer Rehabilitation services. Dr. Joe Mondry, DPT, MSRS, and Dr. Tammy E. Mondry, DPT, MSRS, CLT-LANA are the only Doctors of Physical Therapy in San Diego County who are Certified Cancer Exercise Specialists, having completed their training at the University of Northern Colorado’s Rocky Mountain Cancer Rehabilitation Institute.