

HUNTER REHAB HUB

Specialised Physiotherapy Services for Cancer Rehabilitation,
Lymphoedema and Lipoedema Care

Hunter Rehab Hub is a physiotherapy clinic based in Newcastle, providing specialised, evidence-based care in cancer rehabilitation, lymphoedema and lipoedema management.

Our team work alongside medical specialists, general practitioners and other allied health professionals to support patients before, during and after cancer treatment, and to assist with the early identification, comprehensive management and long-term care of patients with lymphoedema and lipoedema.

When to Refer to Hunter Rehab Hub



For Cancer Rehabilitation

- **At cancer diagnosis** – for baseline assessment, pre-treatment preparation and education, strategies to manage treatment-related side effects
- **Post-oncologic surgery** – to optimise wound healing, minimise scar tissue formation and changes to posture and joint mobility, and early monitoring for the development of side effects e.g. lymphoedema, cording
- **During radiation therapy** – to support skin and tissue health, and minimise the development of acute radiation dermatitis or oral mucositis
- **After radiation therapy** – to minimise the development of radiation-induced fibrosis and movement restriction
- **During/after chemotherapy** – to minimise the development of chemotherapy-induced peripheral neuropathy and hand/foot syndrome
- **Post-treatment completion and for ongoing survivorship support** – ongoing monitoring and management of treatment-related side effects, and to maximise function and quality of life

For Lymphoedema

For assessment and diagnosis – patients presenting to general practice with:

- Risk factors – surgery (particularly cancer-related with lymph node removal), radiation therapy, venous disease, previous cellulitis, trauma, obesity/immobility
- Transient or persistent swelling of a limb or other region of the body
- Feelings of heaviness, aching and/or stiffness in the affected body part
- Fluctuating tightness in their clothing, jewellery or shoes
- Swelling that is aggravated by heat, overuse, sustained positions, and prolonged activity
- Positive pitting test/Stemmer sign

For ongoing management – for a patient with a confirmed lymphoedema diagnosis:

- Ongoing monitoring, assessment and intervention as required (including compression therapy, manual lymphatic drainage and exercise prescription) for symptom management, minimising infection risk and limiting condition progression

For Lipoedema

For assessment and diagnosis – patients presenting to general practice with:

- Abnormal accumulation of adipose tissue (most commonly in the limbs) that is bilateral, symmetrical and disproportionate to the rest of the body
- Resistance to changes in diet and exercise, with difficulty losing weight from the affected areas
- Accompanied by symptoms including tenderness on palpation, heaviness/discomfort in the limbs, spontaneous bruising with minimal trauma, dimpled skin appearance, nodular skin texture, fat pads around the knees and hips, cuffing at the ankle/wrist, loss of skin elasticity and postural changes (e.g. genu valgum)

For ongoing management – for patients with confirmed lipoedema diagnosis:

- Ongoing monitoring, assessment and intervention (including compression therapy, manual lymphatic drainage and exercise prescription) for symptom management, minimising infection risk and limiting condition progression

For further information or to discuss a patient's suitability for referral, please contact the Hunter Rehab Hub team.

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