Our Program Locations

**Physician Location:**
Dr. Susan Maltser
Physiatrist
Chief, Division of Cancer Rehabilitation,
Physical Medicine and Rehabilitation
Member of the North Shore-LIJ Cancer Institute

North Shore-LIJ Medical Group
Physical Medicine and Rehabilitation
1554 Northern Boulevard, Fourth Floor
Manhasset, NY 11030
(516) 321-6400

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**About North Shore-LIJ Health System**
One of the nation’s largest health systems, North Shore-LIJ delivers world-class clinical care throughout the New York metropolitan area, pioneering research at The Feinstein Institute for Medical Research, a visionary approach to medical education highlighted by the Hofstra North Shore-LIJ School of Medicine, and healthcare coverage to individuals, families and businesses through the CareConnect Insurance Co. Inc. North Shore-LIJ cares for people at every stage of life at 19 hospitals and more than 400 outpatient physician practices throughout the region. North Shore-LIJ’s owned hospitals and long-term care facilities house more than 6,400 beds, employ nearly 11,000 nurses and have affiliations with about 10,000 physicians. With a workforce of about 54,000, North Shore-LIJ is the largest private employer in New York State. For more information, go to NorthShoreLIJ.com.

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**Additional Cancer Rehabilitation Resources**
The North Shore-LIJ Rehabilitation Network, in partnership with the North Shore-LIJ Cancer Institute, offers an array of resources to help cancer patients and cancer survivors.

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**For more information call (888) REHAB-03 or visit NorthShoreLIJ.com/rehab.**
Your Personal Care Team

Depending on your specific needs, your care team will be made up of one or more of our specially trained healthcare professionals. They can be any combination of the following healthcare professionals:

- **Physiatrists, or physical medicine and rehabilitation physicians**, are non-surgical medical doctors specially trained to evaluate and treat conditions that lead to a loss in your ability to function due to cancer and its treatments. They can act in concert with the patient’s oncologist to coordinate any rehabilitative needs you may have. This will ensure you get all the help you need to improve or restore your functional abilities, with the best possible outcome.

- **Physical therapists** employ exercise and manual therapy-based programs in order to improve physical deficits that may be preventing you from performing any number of functional tasks.

- **Occupational therapists** help you maximize your independence by creating therapeutic programs that optimize your ability to function in your home or work environment.

- **Certified lymphedema therapists** help treat and minimize swelling and pain that may be the result of surgery or radiation. They also work to educate you on the management of your condition.

- **Speech-language pathologists** offer comprehensive evaluation and treatment for all swallowing, speech and voice deficits.

- **Neuropsychologists** evaluate your strengths and weaknesses in thinking skills, attention, memory, problem solving and higher level cognitive skills, as well as assess psychosocial status. They provide counseling to work on adjustment to injury, reinforcement of adaptive coping skills as well as to increase mood and confidence.

Our oncology rehabilitation team treats patients and survivors of:

- Breast cancer
- Brain tumors
- Head and neck cancer
- Musculoskeletal cancer
- Spine tumors
- Other forms of cancer

Physician services:

- Treatment of pain
- Prescription of physical, occupational, speech, lymphedema therapy and/or neuropsychology
- Joint injections
- Trigger-point injections
- Electro diagnostic testing for nerve and/or muscle problems
- Spasticity management (including Botox injections)
- Bracing/orthotics for weakness

Therapy services:

- Lymphedema therapy
- Soft tissue and joint mobilization
- Therapeutic exercise
- Vestibular and balance therapy
- Fall prevention education
- Improving activities of daily living
- Swallowing evaluation and treatment
- Speech evaluation and treatment
- Cognitive therapy

Improve Your Quality of Life

The North Shore-LIJ Rehabilitation Network provides a comprehensive outpatient rehabilitation program for all cancer patients and cancer survivors. Our cancer rehabilitation program is focused on restoring the functional abilities that may have been lost as a result of having or treating the cancer. Our multidisciplinary team of physicians and therapists work closely to develop and implement programs that address a wide variety of symptoms and functional deficits with the goal of improving your quality of life.

The Importance of Maintaining an Active Lifestyle

Keeping active is important throughout and after cancer treatment. Our oncology rehabilitation program can help prevent, improve, limit or restore a wide array of symptoms or functional impairments caused by the cancer or the treatment of the cancer, including:

- Pain
- Lymphedema (swelling)
- Weakness
- Limited joint or tissue mobility
- Loss of balance/dizziness
- Fatigue or poor endurance
- Altered mental status (decreased attention span, inability to concentrate, etc.)
- Changes affecting your posture
- Changes in the ability to speak/communicate
- Changes in the ability to swallow or feed oneself
- Modified Barium Swallow