

Cancer Rehab Team

Prehab to Rehab, from your diagnosis onwards



The Cancer Rehab Team

Outpatient Services

Based at the RUH, Zone F1:

The team consists of Physiotherapists, Occupational Therapists and Therapy Support workers. We work alongside our Macmillan Cancer Support colleagues to help you to live well with and beyond cancer. The team provide advice, support, and signposting from your diagnosis onwards, including Prehabilitation and Rehabilitation.

Our service aims to empower you to move forwards positively in your life and to provide you with the tools and support to prepare for treatment, self-manage symptoms of cancer and cancer treatment, enhance your recovery and live well with your diagnosis.

Please see our Prehabilitation leaflet for more information about preparing for treatment. Or follow the QR code here to the Somerset, Wiltshire, Avon and Gloucestershire Cancer Alliance (SWAG) website, where you will also find additional support and information.





Our Services:

One-to-one support

We offer an individual assessment to identify the key issues that affect your quality of life and work with you to find solutions to overcome them.

We can help you to learn to self-manage your symptoms and hope to increase your confidence to engage in activities that will improve your overall health and well-being. These may include increasing exercise or physical activity, managing energy levels or planning a return to work.

Hydrotherapy sessions

Our hydrotherapy sessions incorporate cardio, strengthening and flexibility exercises to help with the after-effects of treatment or surgery.

Moving On Up exercise class

This exercise class currently runs weekly via Microsoft Teams; it focuses on aerobic and resistance exercises, as well as stretches for people who would benefit from a stepping stone to increasing physical fitness.

Nordic Walking group

Our Nordic Walking group takes place in the Royal Victoria Park, Bath. We walk in small groups with time for warm-up, cool-down, mindfulness, and chats along the way.

Stretch and Breathe exercise class

This face-to-face class offers a relaxing environment to aid with managing pain and stiffness, during or after treatment.

Get Strong Stay Strong exercise class

This face-to-face class includes upper and lower body resistance exercises to help improve strength and function after treatment.

Hope self-management group

Please see the HOPE leaflet for more information.

Please speak to a member of your Oncology or Haematology team to be referred to the service or contact us directly:

Tel: 01225 821241

Email: ruh-tr.cancerrehab@nhs.net

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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