

HEAD & NECK CANCER REHABILITATION



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SIGN AND SYMPTOMS

- Surface Lesion; Erythema (redness); Slightly Elevated; Smooth or Rough Mucosa
- Hoarseness Referred pain to the ear
- Difficulty swallowing and eating Biting of tongue Bleeding
- Swollen neck nodes Swelling around the eyes, lips, jaw, chin, face, and neck
- Thickened skin on the face, neck, or nose
- Decreased mobility in the neck and jaw
- Congestion

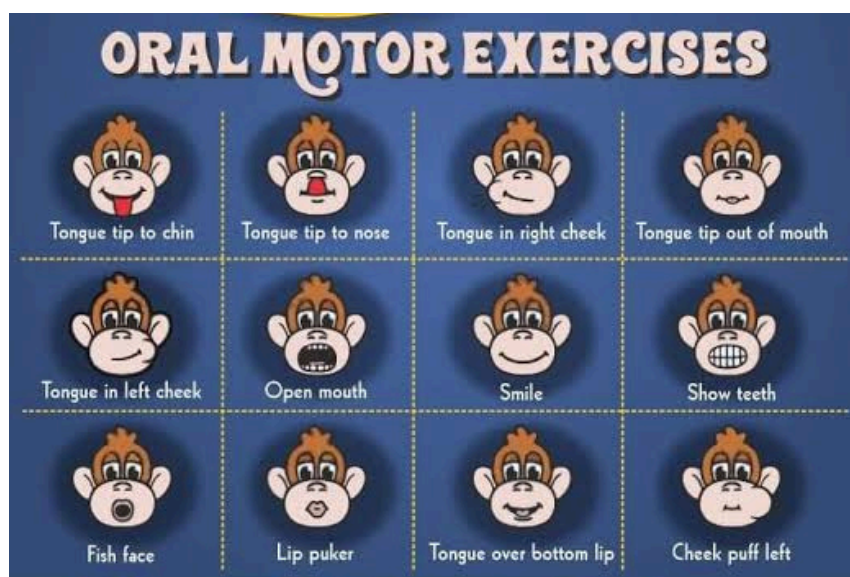
DEEP BREATHING

1. Get comfortable with your back straight.
2. Place one hand on your belly.
3. Count "one, two, three" seconds on the inhale.
4. Breathe in through your nose. Let your belly fill with air, then your chest & collar bones.
5. Count "one, two" on the pause.
6. Count "one, two, three, four" on the exhale.
7. Exhale using your stomach muscles to push out the last of the air.
8. Count "one, two" on the pause.
9. Repeat three more times.



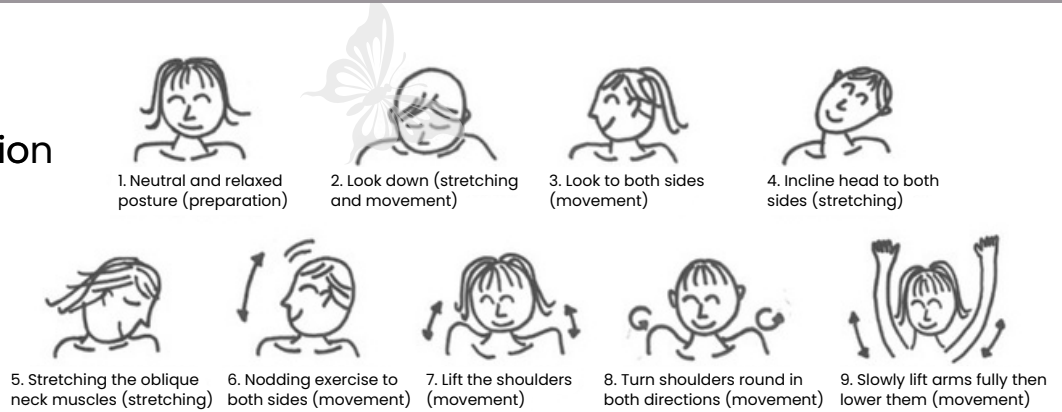
MOUTH EXERCISE

- Open and close mouth 5 to 10 time



NECK EXERCISE

- Neck flexion – extension
- Side flexion
- Side rotation



FACIAL EXERCISES OR EXPRESSION

- Eyebrow up – down
- Eye open – close tightly
- Nose exercise
- Angry expression



THERAPEUTIC JAW AND NECK EXERCISES

- Stick exercise – Dynasplint or thera bite
- Use stick to open mouth – for your comfortable time. you can do any time



PROGRESSION STAGE

- Use water and close your mouth for 1-2 min
- Use balloon for exercise
- Chewing exercise
- Neck stretching exercises

ORAL MOTOR EXERCISE



MYOFASCIAL RELEASE

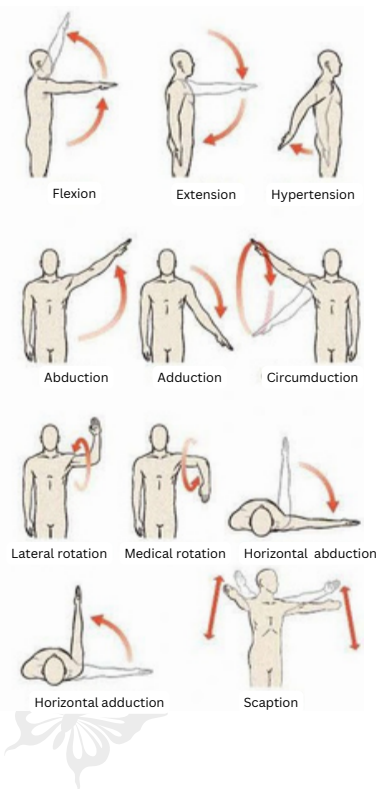
- SCM and trapezius muscle - manually release or tapping

NERVE PAIN

- Myofascial release
- Ice pack for pain relief

SHOULDER PAIN EXERCISE

- All Shoulder exercises
- Joint Mobilization / soft tissue mobilization
- Manipulation techniques for pain relief
- For pain you can use ice pack for 5-7 min only (3-4 times a day)
- Kinesio taping
- Pulley exercise
- Contrast – relax technique
- Strengthening exercises for Rhomboid serratus, levator scapulae



All exercises should be done 10-15 repetition and 2 times a day.

After doing all these exercises, **self MLD (Manual Lymphatic Drainage)** should be done for 15-20 minutes.

DO'S

- Follow a healthy diet
- Use natural herbs
- Visit your doctor on a regular basis
- Maintain Good oral and dental hygiene
- Avoid repeated injuries by sharp tooth
- Protect yourself against HPV infection by practicing safe sex and getting the HPV vaccine

DONT'S

- Don't smoke or use other tobacco product
- Don't consume alcohol frequently
- Don't stay in UV rays for too long