

PHYSICAL FITNESS AND WELLNESS OPTIONS

Glens Falls Hospital Outpatient Rehabilitation offers survivors several programs designed to help get patients back in shape and feeling strong. These programs are research-based and utilize the skill set of clinicians with degrees in exercise science or physical therapy.

Change It Up

The Nutrition Center in collaboration with The Rehabilitation & Wellness Center offers a program focused on nutrition-related goals and physical education needs to assist patients to meet a higher level of health and well-being through both individual counseling and group education.

Offered at The Rehabilitation & Wellness Center in Queensbury

Fit For Life

Designed for people with a chronic pain or general deconditioning, this program is ideal for oncology patients who have residual pain or a pre-existing condition that limits their activity. This is an 8-week program that uses aquatic-and clinic-based therapy with education to improve strength, flexibility, body awareness, endurance, pain management and improve ability to perform daily tasks.

Offered at The Rehabilitation & Wellness Center in Queensbury

Forever Strong

Our Wellness Center is a participant of the Forever Strong Program which offers discounted memberships to patients referred from the C.R. Wood Cancer Center for wellness services.

Offered at The Rehabilitation and Wellness Center in Queensbury

Strength After Breast Cancer (ABC)

Developed for breast cancer survivors by the University of Pennsylvania, this 10-week exercise program is designed to improve flexibility, cardiovascular endurance and upper, lower and core body strength.

Offered at The Rehabilitation and Wellness Center in Queensbury

OUTPATIENT REHABILITATION LOCATIONS:

Cambridge Medical Center

35 Gilbert St.
Cambridge, NY 12816
518.677.3961

Evergreen Medical Center

13 Palmer Ave.
Corinth, NY 12822
518.654.6499

Greenwich Medical Center

1134 State Route 29
Greenwich, NY 12834
518.926.4910

Physical Therapy at Irongate Center

4 Irongate Center,
58 Elm St.
Glens Falls, NY 12801
518.926.2030

Physical Therapy at Main St.

17 Main St.
Queensbury, NY 12804
518.926.2040

The Rehabilitation & Wellness Center, The Hearing Center

2 Country Club Rd.
Queensbury, NY 12804
518.926.2000

CANCER SURVIVORSHIP PROGRAMS



Glens Falls Hospital

An affiliate of  ALBANY MED

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SPECIALTY OPTIONS

Glens Falls Hospital Outpatient Rehabilitation has specialty programs that address issues oncology patients have as a result of their diagnosis or an after effect to treatment interventions. Our clinicians have advanced training or national certification in these specialties and can assist in improving function and quality of life.

Low Vision Program

Low vision is a varying condition which cannot be fully corrected with contact lenses or glasses. It often interferes with daily functioning. Occupational Therapy can help with training in non-optical devices and adaptive strategies, exercises to improve eye function and provide education and environmental modifications.

Offered at The Rehabilitation and Wellness Center in Queensbury and at the Cambridge and Greenwich Medical Centers.

Lymphedema Therapy

Our national certified lymphedema specialists utilize a multifaceted approach to reduce and manage persistent swelling related to lymph node removal, radiation or chemo therapy. Techniques include manual lymphatic drainage which is massage like treatment to stimulate movement of the lymphatic fluid, decongestive exercises designed to enhance fluid reduction, stimulate circulation and improve flexibility and strength, compression bandages or garments to assist in the removal of fluid and skin care education to heal, protect and prevent skin breakdown.

*Offered at The Rehabilitation and Wellness Center in Queensbury, Physical Therapy at Irongate Center in Glens Falls and at the Evergreen and Greenwich Medical Centers. *We now offer a specialized aquatic therapy program specifically for lymphedema patients at our Queensbury location!*

Hearing Aids

Hearing loss can be a long-term effect from some chemotherapy treatments. Left untreated, it can seriously limit the ability to work, learn and enjoy life in general. Our audiology staff use the most technologically advanced diagnostic tools and hearing aids to provide unparalleled care to improve communication and quality of life.

Offered at the Hearing Center in Queensbury



Mindful Memory

A small group program, focused on improving functional memory abilities for patients recovering from an oncology diagnosis.

Offered at The Rehabilitation and Wellness Center in Queensbury and the Cambridge Medical Center.

Tinnitus Program

Tinnitus is the perception of sound when no external noise is present. It can sound like hissing, buzzing, whooshing or crickets. Our audiologists have completed extensive training in tinnitus assessment and management. They can accurately diagnose tinnitus by using state-of-the-art equipment and develop a specialized treatment program.

Offered at the Hearing Center in Queensbury.

Pelvic Floor Rehabilitation

This program is designed for the treatment of bladder and bowel incontinence (leaking), constipation or pelvic pain at rest or with intercourse. Treatment utilizes pelvic floor and core exercises, dietary changes, relaxation techniques and biofeedback to improve pelvic floor function.

Offered at The Rehabilitation and Wellness Center in Queensbury, and the Cambridge and Greenwich Medical Centers.

Vestibular Therapy

Vestibular Therapy is a specialized treatment program for dizziness, vertigo, loss of balance or lightheadedness. Physical therapists and audiologists who are nationally trained in vestibular therapy work together to develop a specialized treatment program.

Offered at The Rehabilitation and Wellness Center in Queensbury, Physical Therapy at Irongate Center in Glens Falls, and at the Cambridge and Greenwich Medical Centers.

Voice Therapy

Patients that experience voice loss, hoarseness, vocal fatigue or breathiness can benefit from Voice Therapy. Speech Therapy can help with education on vocal hygiene, laryngeal and vocal fold exercises, and vocal techniques to balance the vocal system.

Offered at The Rehabilitation and Wellness Center in Queensbury and Cambridge Medical Center.

