



Cancer Rehab Center of Excellence

Liberty · Midtown · Overland Park

Cancer Rehab is a specialized area of physical therapy that promotes physical function and quality of life during and following cancer treatment. At **ARC Physical Therapy+**, your cancer rehab will be overseen by a specialized physical therapist, who conducts an individualized evaluation and develops a treatment plan to fit your specific needs. Our innovative approach is patient-centered and holistic. We understand the challenges you as a cancer survivor face, and we are committed to restoring you to your desired life roles for an optimal outcome. We provide research-based care in a welcoming and nurturing environment, for the enhancement of physical, emotional, and mental well-being.

What We Treat:

We accept patients with all types of cancer diagnoses and treatment-related side effects. We see patients throughout the cancer continuum— at the time of diagnosis, during active cancer treatment, into long-term survivorship and palliative care.

Common conditions we treat are:

- Cancer-related fatigue
- Chemotherapy-induced peripheral neuropathy
- Balance impairments
- Strength and mobility deficits
- Lymphedema of the limbs, trunk, head and neck
- Fibrotic tissue changes as a result of surgery and radiation
- Pain resulting from cancer, surgery, chemotherapy, radiation, and targeted therapies
- Pelvic floor dysfunction



Direct patient-therapist interaction, motivational coaching, and ongoing communication from the time of diagnosis through survivorship care.

Treatment Techniques:

Cancer-Related Fatigue

- Aerobic cardiovascular endurance training to prevent cancer treatment-related cardiotoxicities
- Customized strength and mobility exercise
- Cognitive mapping and executive function retraining

Chemotherapy-Induced Peripheral Neuropathy

- Low level laser therapy for symptom relief and cellular repair
- Myofascial release via hands-on, kinesiotape, or instrument-assisted techniques
- Functional dry needling with neuromodulation
- Tailored balance control training to prevent falls

Lymphedema

- Pre-surgical education and measurements for prospective surveillance
- Manual lymph drainage performed by a certified lymphedema therapist
- Specific range of motion, breathing and postural retraining exercise
- Compression strategies to reduce and contain swelling

Pain

- Mechanical diagnosis therapy
- Functional dry needling with neuromodulation
- Graded motor imagery
- Myofascial release via hands-on, kinesiotape, or instrument-assisted techniques

Pelvic Floor Dysfunction

- Pelvic floor relaxation to reduce pain and constipation, and promote sexual function
- Pelvic floor strengthening to improve urinary and bowel incontinence

Phone: 855-410-2266
Fax: 877-766-1658

Meet Our Staff



MARY CALYS, DPT, CLT - DIRECTOR

Mary has treated patients for over 17 years with the last 13 years focused on founding and directing the NKCH Cancer Rehab and Wellness Center which provided physical therapy services to patients

throughout the cancer continuum for treatment of cancer-related fatigue, chemotherapy-induced peripheral neuropathy, lymphedema, pain, and pelvic floor dysfunction.



GABY MILLER, PT

Gaby's journey to PT began in Costa Rica when she developed a passion for helping people experiencing cancer. This passion fueled her to seek out educational opportunities and brought her to Kansas

City for the first time in 2010. Gaby subsequently sought out and completed an internship and oncology residency through the University of Kansas Medical Center. The residency focused on cancer-related fatigue, peripheral neuropathy and balance disorders.



AMY RUDOLPH, PT, CLT

Amy has over 27 years of PT experience in a variety of settings including: in-patient, out-patient and skilled nursing. In the last 10 years she has focused her practice on caring for patients with cancer. She has

worked with individuals from diagnosis to survivorship and has a special interest and certification in the treatment of lymphedema.



In Network Insurance Providers

Commercial

Aetna (All Products)	Freedom Network
American PPO	Freedom Select
Anthem	Humana
BCBS of Iowa (Wellmark)	Medicare
BCBS of KC	Medicare Advantage
BCBS of Kansas	(BCBS of Kansas City)
BCBS of Missouri (Anthem)	MetroCare
BCBS PPO out of area	Multiplan/PHCS
Cigna	Preferred Health Professionals (PHP)
Cigna Midland Choice	Preferred Health Systems
Cigna Connect	ProviDRs Care
Coventry of Kansas	Tricare
Coventry Advantra	TriWest VCP
First Health	USA MCO

Workers' Compensation

Align**	KHRA
Bardavon Health Innovations	Logicomp
CareIQ**	Matthew Richards
Coastal Comp	Med-Eval Inc.
CompAlliance	MedRisk
CompResults	National Choice Care
CompLogic	O'Hara
Corizon Health	OHM
Corvel	Premier WC
CCO	Reny Company
Federal Office of WC/DOL	Rockport
Focus	Splashlight Definiti Inc.
FPN/Galaxy	Three Rivers Provider Network
Integrated Health Plan (IHP)	Therapy Direct
KBIG	Transparent Health Marketplace

***Needs approval from carrier*