



COMPASSION AT EVERY STEP



Quick Recap

Integrated therapy rebuilds movement, speech, shoulder function, and endurance while respecting cancer-treatment fatigue.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.



COMPASSION AT EVERY STEP

Stroke & Breast Cancer Recovery

Integrated Neuro-Oncology Protocol



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Stroke ADLs: dressing with one-hand techniques, adaptive footwear, and seated bathing.
- Arm therapy: gentle shoulder pendulums, table slides, and wand exercises (as cleared).
- Stroke-side dressing: weak arm into the sleeve first, out of it last; use button hooks and elastic shoelaces.
- Surgical-side arm: avoid BP cuffs, needle sticks, cuts, and burns.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Screen one-sided weakness, numbness, balance changes, vision shifts, and speech clarity.
- Track shoulder tightness, arm swelling, fatigue, and pain with activity.

Good to know

- Stroke reduces blood flow to part of the brain, affecting movement and cognition.
- Coordinate stroke therapy with oncology to avoid setbacks.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Balance exercises: weight shifts, sit-to-stand, and supported stepping.
- ADLs: lay out clothes beforehand; use button aids and elastic shoelaces.
- Light resistance bands for affected arm when cleared by therapy and oncology.
- Walk a few minutes hourly to support circulation.