

# About Me

- Raised in Lincoln, IL



- Medical School – Combined BA/MD Program at the University of Missouri – Kansas City (UMKC) Medical School

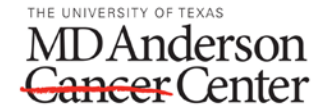


- Intern Year – Internal Medicine at UMKC

- Residency – Physical Medicine and Rehabilitation (PM&R) at Rush University Medical Center



- Fellowship – Cancer Rehabilitation at the University of Texas – MD Anderson Cancer Center



- Director of Cancer Rehabilitation – Rush University Medical Center



- Lifestyle Medicine Board Certified



- Certified Lymphedema Therapist

Making Cancer History®

# Managed Conditions

- Deconditioning
- Cachexia / Sarcopenia / Steroid Myopathy
- Gait / Mobility / Balance impairments
- ADL impairments
- Focal weakness
- Cancer-related fatigue
- Cancer-related cognitive decline
- Chemotherapy induced peripheral neuropathy
- Lymphedema
- Musculoskeletal dysfunction
- Spasticity
- Radiation fibrosis
- Post-mastectomy pain syndrome (PMPS)
- Aromatase-Inhibitor Musculoskeletal Symptoms (AIMSS)
- Cervical dystonia / Spasmodic Torticollis
- Dropped head syndrome
- Trismus
- First bite syndrome
- Sialorrhea

# Procedures

- **Ultrasound-guided joint, bursa, & tendon sheath injections**

- Shoulder (joint, subacromial subdeltoid bursa, biceps tendon sheath)
- Hip (joint, greater trochanter bursa)
- Knee (joint, pes anserine bursa, baker cyst)
- 1<sup>st</sup> CMC joint, trigger finger, etc.

- **Trigger point injections**

- **Nerve and plane blocks**

- Occipital nerve, suprascapular, carpal tunnel, intercostobrachial, intercostal, superficial serratus, PECS I / II, etc.

- **Botulinum toxin**

- Migraines
- Cervical dystonia / Spasmodic Torticollis
- Trismus
- Sialorrhea
- Spasticity
- Muscle spasms
- Pectoralis dystonia



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# Injections

## Shoulder

- Subacromial subdeltoid (SASD)
- Glenohumeral (GH) +/- hydrodistension
- Biceps tendon sheath
- Suprascapular nerve block

## Muscle

- Trigger point injections
- Botulinum toxin injections
- Neuroma

## Nerve and plane blocks

- Intercostobrachial
- Intercostal
- PECS I / II
- Superficial / deep serratus

## Precautions

- Blood counts
- Lymphedema/infection risk
- Skin issues during RT

# Multidisciplinary Cancer Rehab at RUSH

- **Trismus Clinic** – PM&R, SLP, PT
- **Exercise Oncology Program**
- **Pain Tumor Board Meeting** – PM&R, Interventional Pain, Palliative Care



For more information or to refer a patient, please call our Direct Referral Line at 312-CANCER-1 (312) 226-2371.

## Cancer Rehabilitation Program

Our Cancer Rehabilitation program is for patients with new disabilities due to their cancer and treatments or those who would like to maintain an active life.

Whether you are newly diagnosed, currently receiving treatment or have completed treatment, our Cancer Physical Medicine and Rehabilitation physician (physiatrist) will work closely with you to help maintain and restore function and well-being. Together we will create an individualized plan to address your unique needs and goals. This plan can include a combination of therapies (physical, occupational and speech), exercises, medications, procedures, and more.

### Indications and Services

- ADL impairments
- Aromatase-inhibitor musculoskeletal symptoms
- Botulinum toxin injections
- Cancer-related fatigue and cognitive impairment
- Cervical Dystonia
- Deconditioning
- Gait, mobility and balance impairments
- Lymphedema
- Neuropathy
- Non-opioid pain management
- Non-surgical management of musculoskeletal pain
- Peripheral joint injections
- Post-mastectomy pain
- Prehabilitation
- Radiation fibrosis
- Spasticity
- Trigger point injections
- Trismus



**Obada Obaisi, MD**  
Assistant Professor  
Department of Physical Medicine and Rehabilitation  
Director Cancer Rehabilitation

### Location

RUSH University Medical Center  
Joan and Paul Rubschlager Building  
1520 W. Harrison St.  
Chicago, IL 60607

### Contact Information

Appointments: (312) 226-2371  
Fax: (312) 563-2371

## Exercise Oncology Program

The Exercise Oncology Program is designed to support those navigating life with cancer—from newly diagnosed patients to those currently in treatment, as well as survivors managing long-term side effects. Our Exercise Specialist will work closely with you and create an individualized exercise plan aimed at alleviating treatment side effects and enhancing well-being. With our guidance, the goal is to empower you to exercise and live actively.

### Benefits of Physical Activity and Exercise for Cancer Survivors

Research shows that exercise offers a range of physical and emotional benefits for cancer survivors, including:

- **Reducing Fatigue** – Helping you feel more energized and able to engage in daily life.
- **Easing Symptoms of Depression and Anxiety** – Improving mood and mental health.
- **Enhancing Sleep Quality** – Promoting restful, restorative sleep.
- **Maintaining or Improving Physical Function** – Supporting muscular strength, endurance, and overall physical capability.
- **Improving Immune Function** – Strengthening your body's natural defenses.
- **Increasing Appetite** – Helping to restore and maintain a healthy appetite.
- **Managing Lymphedema Symptoms** – Exercise is safe and may even alleviate symptoms related to lymphedema.
- **Reduce Your Risk** – Lowering the likelihood of cancer returning and the prevention of additional cancers.



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## Trismus Clinic

Comprehensive care for improved jaw mobility and function

RUSH MD Anderson Cancer Center's multidisciplinary Trismus Clinic is for survivors of head and neck cancer dealing with effects from their cancer and treatments.

Trismus, or restricted jaw opening, can cause significant discomfort and interfere with essential daily activities, such as speaking, eating, maintaining oral hygiene, undergoing routine dental care, and even engaging in intimate moments. Often resulting from head and neck cancer treatments, trismus can severely affect your quality of life.

RUSH MD Anderson's dedicated team specializes in providing comprehensive care to restore jaw function, alleviate discomfort and enhance overall well-being. In addition, we work in collaboration with maxillofacial prosthodontics at the Cleft-Craniofacial Center at University of Illinois Hospital.

### Our services:

- **Initial assessment and diagnosis:** In-depth evaluation to identify the root causes and effects of trismus.
- **Post-surgical and radiation rehabilitation:** Customized strength training, stretching exercises and massage techniques designed to improve jaw mobility and reduce muscle tension.
- **Botulinum toxin (Botox) and trigger point injections:** Treatments to relax overactive muscles, relieve spasms and reduce pain.
- **Pharmacological Interventions:** Medications tailored to ease pain and enhance comfort.
- **Prosthodontic devices:** Custom oral devices designed to improve jaw mobility, gently stretch the jaw and reduce pain.

### RUSH MD Anderson Location

**Rush University Medical Center**  
Joan and Paul Rubschlager Building  
1520 W. Harrison St.  
Chicago, IL 60607

### Learn more

To refer a patient, schedule an appointment or for more information about the Trismus Clinic, call (312) CANCER-1.



Excellence is just the beginning.