Breast cancer. It almost always involves some kind of surgery, whether it’s just the initial biopsy or a lumpectomy, lymph node biopsy, mastectomy, or a reconstruction. So many individual choices and no one woman’s case is the same.

**Program**

St. Luke’s offers proactive, individualized therapy after surgery for breast cancer. Our team of physical and occupational therapists are sensitive and caring and have many years of experience in women’s health and oncology rehabilitation.

**Patient**

Individualized care after surgery is available from physical therapists and occupational therapists with special training in rehabilitation after a breast surgery.

In co-operation with the surgeon, we address the healing process along with shoulder and arm function, lymphatic drainage, abdominal muscle retraining, and home and workplace adaptations.

Appropriate patients have had surgery for breast cancer:

- excisional biopsy
- lumpectomy
- mastectomy
- lymph node biopsy or removal
- reconstruction

**Benefits of Early Rehabilitation**

<table>
<thead>
<tr>
<th>Decreased</th>
<th>Improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity restrictions</td>
<td>Compliance with surgeon’s guidelines and precautions</td>
</tr>
<tr>
<td>Less pain, tenderness, stiffness*</td>
<td>Improved shoulder range of motion*</td>
</tr>
<tr>
<td>Decreased shoulder and arm problems (frozen shoulder, post-mastectomy syndrome, axillary web syndrome, myofascial dysfunctions)</td>
<td>Increased shoulder muscle bulk and symmetry</td>
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<tr>
<td>Decreased neck and shoulder pain</td>
<td>Improved shoulder girdle muscle function</td>
</tr>
<tr>
<td>Prevention or early treatment of lymphedema</td>
<td>Self-care and prevention behaviors</td>
</tr>
<tr>
<td>Less weakness and disability</td>
<td>Improved posture and spine function</td>
</tr>
<tr>
<td>Decreased depression</td>
<td>Improved quality of life measures</td>
</tr>
</tbody>
</table>

To refer your patient, contact: (509) 473-6869
fax (509) 473-6097

www.st-lukes.org
Treatment Goals

An Individualized treatment plan created by the therapist with physician and patient input will result in improved patient functionality, greater independence and quicker recovery and will include:

- Education in prevention and treatment of lymphedema
- Activity guidelines and modifications for home, work, leisure and sport activity
- Improved shoulder and arm function through active and low intensity resisted exercise, manual therapy, stretching, soft tissue work and shoulder girdle muscle retraining
- Abdominal and core muscle retraining
- Gentle aerobic conditioning
- Management of radiation, chemotherapy, or hormonal therapy side-effects

Treatment Resources

Our therapists have extensive experience and have been trained by the most widely recognized manual therapy programs in the country. Throughout the treatment, communication with surgeons and adherence to specific guidelines will be maintained.

* Source:
Benefits shown in studies of patients receiving physical therapy after breast cancer surgery
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