

Breast Cancer Rehabilitation

Hand-N-Hand Therapy

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What is Breast Cancer Rehabilitation?

Breast Cancer Rehabilitation is a program that targets the specific and unique needs of the breast cancer survivor before, during, or after medical treatment.

Evaluation and treatment is performed by a physical therapist knowledgeable in breast cancer medical treatment, who has taken continuing education courses regarding breast cancer rehabilitation, and is also certified as a Lymphedema therapist to meet the unique needs with which a breast cancer survivor may be presented.

According to Pam Levangie, PT, DSC, "Cancer treatment results in not only objective dysfunctions but also subjective subtleties which collectively results in dysfunction, or which make rehabilitation more difficult and less routine than for non-cancer patients."

Who can benefit from Breast Cancer Rehabilitation?

Anyone who has undergone breast cancer surgery with an axillary or sentinel lymph node dissection can benefit from Breast Cancer Rehabilitation. Those who have had a mastectomy without axillary lymph node dissection can also benefit. The physical therapy series provides an individual initial evaluation followed by individualized treatment to help facilitate recovery from surgery, chemotherapy and/or radiation therapy. Because the series is done one-on-one they are tailored to each person's particular needs. Breast Cancer Rehabilitation is beneficial for those with:

- 1) shoulder dysfunction
- 2) postural dysfunction
- 3) axillary web syndrome (cording)
- 4) post op reconstruction
- 5) lymphedema
- 6) needs to return to a good exercise program in a safe manner

What to expect?

The Rehabilitation needs of the breast cancer survivor are very individual and unique and will be treated as such. The first session will consist of an initial evaluation and development of a treatment plan. Here goals will be discussed and mutually agreed upon. For anyone who has undergone an axillary or sentinel lymph node dissection, education regarding Lymphedema, precautions and self-monitoring of limb size will occur.