



BREAST HEALTH & REHABILITATION CENTER

Elizabeth Rummer, MSPT
Stephanie Prendergast, MPT
Elizabeth McBride, MSPT

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TRAM Flap Rehabilitation

Recovery from TRAM flap surgery is lengthy, and can have a lasting affect on a patient's posture, flexibility, and strength. Tightness of the abdominal tissue and shortening of the hip flexors and remaining abdominal musculature can contribute to a kyphotic posture. Removing one or both of the rectus abdominus muscles during a TRAM procedure weakens the abdomen, which may result in low back strain, lumbar instability, or abdominal hernias.

The physical therapists at the Breast Health and Rehabilitation Center develop specialized programs for their post-TRAM flap patients. Their programs include progressive stretching and strengthening exercises which help restore comfortable upright posture and improve the balance between major muscle groups eliminating low back pain and instability. They are also knowledgeable regarding proper risk management and provide their patients with appropriate education individualized to their needs and lifestyle.

The Breast Health and Rehabilitation Center was proud to sponsor the 2008 Susan G. Komen Race for the Cure in San Francisco. If you haven't supported the Race yet, it's not too late! Race fundraising will continue until November 1, 2008.

**To donate, visit www.komensf.org
or call 415.397.8812**

Breast Cancer Awareness Month

October is National Breast Cancer Awareness month. Each year more and more groups are stepping forward to bring awareness to breast cancer through programs encouraging early detection, educating the community about environmental exposures that put people at risk for breast cancer and providing health care for patients and survivors.

It's becoming ever more important to be sure that the group you are supporting with your time and finances is truly committed to the cause. A useful website, www.thinkbeforeyoupink.org is a project of Breast Cancer Action, launched in 2002 in San Francisco, in response to the growing concern about the overwhelming number of pink ribbon products and promotions on the market. The campaign calls for more transparency and accountability by companies that take part in breast cancer fundraising and encourages consumers to ask critical questions about pink ribbon promotions. Think Before You Pink also highlights companies that promote pink ribbon campaigns, yet manufacture products that are linked to the disease.

Please join the team at the Breast Health and Rehabilitation Center in bringing awareness to a whole new level by choosing products that financially support finding a cure and prevent the disease at the consumer level.