



BREAST HEALTH & REHABILITATION CENTER

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

Breast Cancer & Physical Therapy

The vision of the Breast Health and Rehabilitation Center (BHRC) is to provide a comprehensive rehabilitation program for the woman with breast cancer. Working within their network of physicians the therapists at BHRC will provide a treatment plan that will address the special rehabilitative needs of both patients undergoing breast cancer treatment and breast cancer survivors.

The therapists at the Breast Health and Rehabilitation Center understand the complexity of the adjuvant treatments, medications and surgical interventions patients undergo and the effects they can have on the patient. Each patient at BHRC receives an individualized treatment plan based on their specific case. Proper treatment can eliminate pain, restore mobility and strength, decrease or eliminate lymphedema, and restore vocational and recreational activity.

Impaired Range of Motion

Patients who have undergone surgery or radiation as a result of breast cancer may notice a loss in ability to move their arm, neck or upper trunk. This inability to move through the entire range of motion may be due to pain, cording, scar tissue, swelling, connective tissue restrictions, or tight and weak muscles.

This can result in impaired function such as an inability to reach up to high

cabinets in the kitchen, difficulty with donning a sweater or blow-drying hair. Or, it may be disabling as in the case of frozen shoulder (adhesive capsulitis) where it can be challenging just to find a comfortable position to sleep.

In some cases, after surgery, it is necessary to position the arm away from the body to undergo radiation. Given that radiation typically begins approximately a month or two after surgery, this leaves a short period of time for the patient to gain the necessary range of motion for pain free positioning of the arm.

The therapists at the Breast Health and Rehabilitation Center understand the challenges in mobility associated with breast cancer and adjuvant treatments. We help patients regain mobility and range of motion in order to decrease pain and improve their ability to perform day-to-day tasks.

