

Are you experiencing these side effects of Breast Cancer Treatment?

1. Pain in your shoulder, back, neck or arm
2. Restricted ROM or stiffness
3. Lymphedema (swelling)
4. Axillary Web Syndrome (cording)
5. Weakness and fatigue
6. Neuropathy

The goal of Physical Therapy started soon after surgery and during cancer treatment (radiation, chemotherapy) is to minimize the side effects listed and to optimize function.

Benefits of Physical Therapy for Breast Cancer Survivors:

1. Easing pain
2. Reducing fatigue
3. Increase bone density
4. Stimulating the immune system
5. Reducing stress and depression
6. Ridding the body of toxins
7. Decreasing swelling and inflammation





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BREAST
Post Surgical therapy
CANCER