

Breast Cancer

A Certified Hand Therapist at Hands-On-Care can offer therapy for patients who have just undergone radical mastectomy.

Therapy includes

Regaining ROM in the affected upper extremity

Individualized Exercise program to regain ROM of the affected shoulder

Managing/ preventing edema

(lymphoedema)

Massage arm

Edema garments (pressure garments)

String wrapping techniques etc

Scar Management

Ultrasound if needed

Education on Massage Techniques

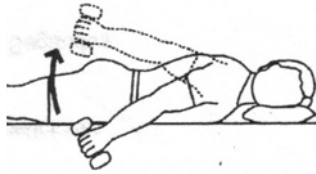
Scar pad if needed

Improving strength

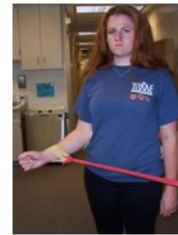
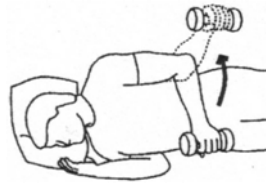
thus preventing future impingement and tendonitis problems in the shoulder in the future.

Majority patients who do not have lymphoedema may need maximum of 6 visits to get their range back, manage their scar and establish a home program for strengthening so

If unable to lay on the stomach, TBand exercises can be performed.



External rotation



Hands-on-Care

499 Blossom Hill Rd,

San Jose, Ca 95123

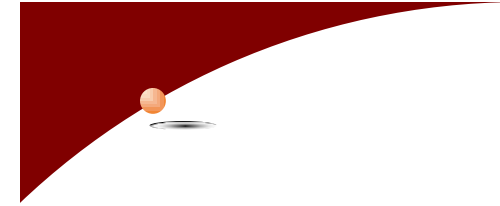
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Www.HandsOnCareTherapy.com



Hands-on-Care



Specializing in Shoulder, Elbow, Wrist and Hand Therapy

Breast Cancer



{ www.HandsOnCareTherapy.com }



Therapy for Breast Cancer

that they do not have problems in the future. Answer these few questions below and accordingly ask your physician for a prescription for therapy by an Upper extremity specialist.

Take this simple test after breast cancer surgery..

Call Hands-On-Care if you:

YES NO

- Wake up stiffness and achyness in my shoulder
- Scar feels like its cording and very tight, preventing ROM
- Stiffness in the morning and progresses to pain in the evening
- Difficulty reaching overhead and behind the back
- Difficulty with laying flat on the back or sleeping on the affected side
- Swelling in the arm / hand that won't go away
- Stop doing hobbies due to decreased function.
- Shoulder on the affected side (Radical mastectomy) is flexed forward

- Must stop an activity due to pain or due to lack of strength
- Must take medication to help alleviate pain more than once per week.

Results:

Less than 3 Yes

You're doing fine. Exercising may help keep your hands in check.

Between 3 and 6 Yes

Hand Therapy could definitely be an option for you.

More than 6 Yes

We would advise you to see a doctor to get a better diagnosis, but Hand Therapy is definitely an option.

Treatment for breast cancer is simple, you just need to do the right exercises at the right time.

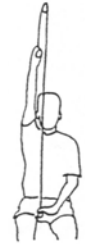
Treatment by a Certified hand therapist is covered by all insurances.

You need to obtain a prescription from your oncologist or your regular physician.

A max of 6-8 sessions are needed in the early stages of the disease to learn all the exercises and regain full function of the arm and prevent future problems.

Exercises after radical mastectomy

Pulley helps in gaining the range in the initial stages



Shoulder at 90 deg elbow 90 deg

Pts develop limitation in IR if not stretched in the early stages

Laying on 3" roll, then

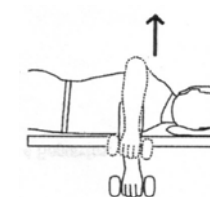
progressing to a 6"

foam roll to perform very slow snow angel stretches to let the scar stretch out while slowly gaining ROM.



Strengthening is crucial to maintain the scapula against the rib cage, if weakened, the scar will cause pro-

traction of shoulder and rounded



shoulder creating shoulder problems in the future
Shoulder rows and extension