



# BREAST CANCER REHABILITATION PROGRAM

The Breast Cancer Rehabilitation Program at St. Joseph Hospital is uniquely designed to assist patients recovering from breast surgery and follow up radiation treatment. The Program's highly skilled physical therapists have advanced training in working with breast cancer patients. They understand the importance of taking the time to personalize each physical therapy treatment plan, which helps patients return to the same functional level they had prior to surgery.

**During each patient's initial visit, the caring therapist performs an assessment for:**

- Pain
- Stiffness
- Range of motion
- Surgical site tightness
- Early signs of lymphedema
- Changes in functional activity level



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Once the assessment is completed, the therapist develops a customized exercise and education program designed to meet the individual needs of each patient. In addition, physical therapy is available on an ongoing basis for patients with more involved shoulder dysfunction or lymphedema.

With the goal of maximizing a patient's functional level and preventing any limiting disabilities, the Program's protocol includes:

- Pre-operative
  - Education
  - Lymphedema assessment
  - Shoulder function assessment
- Post-operative
  - Exercises for cancer related fatigue and specific shoulder tightness
  - Education
  - Surgical site massage
  - On-going lymphedema assessment

For more information, please call the Physical Rehabilitation Department at St. Joseph Hospital at **714-771-8222** or **714-542-8002**. You can fax your prescription to **714-744-8554**.