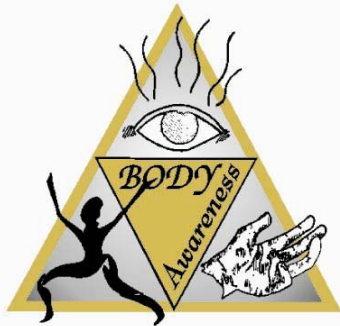


Body Awareness Brings Breast Care to San Clemente



Body Awareness' commitment to the health and wellness of women in our community has just been expanded. We are very excited to announce the addition of our Breast Care Program. This valuable addition to our physical therapy services will allow us to further care for the women in our lives. The program will address common problems limiting women due to the effects of breast care treatments such as radiation, chemotherapy, and surgical intervention. The following are key aspects of our unique orthopedic based program:

Comprehensive evaluation of the trunk and upper extremities

Development of an individualized strength and range of motion program

Upper extremity manual lymphatic drainage techniques

Compression garment fitting

Address associated problems of pelvic floor pain and dysfunction

Check out our website to learn more about the

Body Awareness Breast Care Program.

www.BodyAwarenessPT.com

BODY AWARENESS PHYSICAL THERAPY, INC

The Body Beat

Physical Therapy Proven to Help Recovery After Breast Cancer

According to the National Cancer Institute, in 2009, 192,370 women will be diagnosed with breast cancer in the United States. With medical advances and early detection there are over 2.5 million women alive with a history of breast cancer. Breast cancer survivors frequently suffer from physical problems as a result of the chemotherapy, radiation and surgical procedures.

A recent study revealed that 90% of patients being treated for breast cancer had physical impairments that would benefit from physical or occupational therapy. Sadly, fewer than 30% of those patients actually received treatment for those impairments.¹

These impairments can limit use of the upper extremities, decrease energy lev-

els, impair balance and prevent women from enjoying a full and active lifestyle.

Physical impairments that are most often undertreated include those related to the scar tissue and radiated tissue restrictions which can cause severe limitations in shoulder range of motion. Soft tissue mobilization techniques, especially when performed in the first year after surgery, can dramatically improve

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Common Problems Associated with Breast Cancer

Breast cancer, chemotherapy and radiation treatments may lead to different types of ailments, limitations and conditions, including the following list of common impairments.

- Decreased shoulder range of motion
- Axillary (armpit), lateral (side) chest and scapular numbness
- Decreased grip, scapular and shoulder strength
- Lymphedema
- Pain
- Fatigue
- Peripheral Neuropathies (extremity numbness or tingling)
- Decreased cardiovascular status
- Decreased balance
- Axillary Web Syndrome
- Osteopenia, Osteoporosis
- Loss of skin tissue elasticity

Recognize the Early Signs of Lymphedema

Heaviness in the arm

Numbness or tingling

Decreased shoulder range of motion

Skin tightness

Decreased skin mobility

If you think you may have the beginnings of lymphedema, contact your specialist right away. Early treatments may help reduce the severity of symptoms.



Physical Therapy Goes Pink!



Physical therapy has been proven to increase range of motion, strength and function in women undergoing treatments for breast cancer. Physical therapy may include the following methods:

- Scar tissue mobilization
- Manual Lymphatic Drainage
- Active and passive shoulder range of motion
- Soft tissue mobilization
- Scapular mobilization and stabilization
- Diaphragmatic breathing education
- Rib cage mobility
- Trunk, pelvis mobilization
- Postural training
- Rotator cuff strengthening
- Individualized cardiovascular training
- Strength training
- Increase bone density through weight bearing exercise
- Education on prevention and early detection of lymphedema
- Education on self lymphatic drainage
- Balance training
- Pilates based exercise

Any Questions about what you've read? Give us a call directly at (714) 546-7575 in Costa Mesa, (949) 366-3362 in San Clemente or visit our website at www.BodyAwarenessPT.com



An Amazing Success Story!

Apryl, a wife and mother of three, is a Breast Cancer survivor who was diagnosed with stage II B Breast Cancer at age 34. After a double mastectomy, two reconstructive surgeries and a hysterectomy Apryl continues to fight with a strong will and remarkable spirit. Apryl was surprised to learn that physical therapy could



help improve her shoulder range of motion and strength even 6 years after her first surgery. With just one visit Apryl felt more freedom of movement in her shoulder and learned how to safely strengthen her upper body. Apryl was just as excited to learn about another means to empowerment over cancer.

"I can't thank Melissa and Body Awareness enough for the help I received from their Breast Care Program. Since my mastectomy and reconstructive surgery my shoulder and arm have not been the same. But in my very first session, I felt great relief in my shoulder. I am excited about gaining back that function I did not expect to ever have again." Apryl Zemla

Physical Therapy Proven to Help Recovery After Breast Cancer *(continued from page 1)*

shoulder function. Limited shoulder range of motion and altered mechanics at the shoulder can lead to impingement and early joint degeneration. Manual physical therapy treatment techniques can help restore range of motion, strength, proper mechanics and prevent future orthopedic problems.

Lymphedema, or swelling of a body part, is a common impairment affecting at least 50% of breast cancer patients. Most women affected by lymphedema do receive some form of manual therapy or compression garments to manage their swelling. But it is important for these women and women recently diagnosed with breast cancer to learn to recognize early signs of lymphedema. By recognizing symptoms early and learning self massage techniques severe lymphedema can be lessened or avoided all together.

Recent literature also reveals that exercise can help prevent and help defeat breast cancer.² Studies continue to reveal how exercise can keep our cells more

healthy, reduce estrogen levels and better able to defend against mutations.

Exercise can also decrease a patient's risk of death by up to 50%.³ In a study of 2,900 female registered nurses diagnosed with stage I to III breast cancer, those who exercised between 9 to 14.9 MET (metabolic equivalent task) hours of exercise a week, decreased their risk of death by 50%. At the end of the study, 92% of survivors reported exercising at least 3 to 5 times a week.

As breast cancer medical treatments become more successful, more and more women are surviving this disease. And yet studies are revealing these women are not getting the necessary orthopedic interventions and guided exercise instruction needed to return to a full lifestyle. Hopefully, with increased awareness of how physical therapy can improve post-treatment limitations, we will see breast cancer survivors returning to healthy and active lifestyles.

1. Cheville, A, Troxel, A., et al. Prevalence and Treatment Patterns of Physical Impairments with Metastatic Breast Cancer. *Journal of Clinical Oncology*. 2008 June; 26 (16): 2621-2629.
2. Redmon, George L. Exercise Defeats Breast Cancer. *Advance for Physical Therapy and Rehab Medicine*. Posted on www.advanceweb.com Nov. 10, 2009.
3. Holmes, M.D. Physical Activity and Survival after Breast Cancer Diagnosis. *Journal of the American Medical Association*. 2005; 293 (20): 2479-2486.



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Physical Therapy Benefits Breast Cancer Survivors!

Physical Therapy may not be at the top of your physician's mind during your first follow up visit. However, this is the best time to talk to your doctor about your options and the benefits of physical therapy.



- Treating lymphedema early can help to minimize or even prevent onset.
- Physical therapy focused on range of motion, tissue mobilization and lymphedema management has been proven to help speed recovery and restore function for every day activities.
- Safe cardiovascular and strengthening exercises will increase energy levels after surgery and treatments.
- Posture and balance training will help to avoid future orthopedic problems.
- Addressing pelvic floor pain and dysfunction may lead to a more normal, comfortable lifestyle following surgery and cancer treatments.