



## Physical Therapy for **BREAST HEALTH**

**Are you ready to move better,  
feel better and return to  
normal daily activity?**



Cancer treatments are saving lives, but they often result in life-changing side effects. From fatigue to scar tissue to lymphedema, there are a lot of unknowns during and after treatment. Breast cancer rehabilitation can help you through this time of change and help you know what can and cannot be expected. There is hope to survive and thrive through physical therapy.

Our team of breast cancer rehab specialists are here to help you regain strength, mobility, and energy. We will help you achieve your goals to help you return to all of the activities you love.

### **Breast Cancer Rehabilitation is your best choice for recovery from:**

- Post lumpectomy or mastectomy
- Breast reconstruction
- Scar tissue restrictions
- Lymphedema
- Lymphatic cording or "Axillary Web Syndrome"
- Shoulder, neck, or back pain
- Side effects from chemotherapy and radiation
- Treatment induced fatigue

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