

Physical Therapy for **BREAST HEALTH**



Lymphedema

Breast cancer-related lymphedema can occur in up to 40% of women and men treated for breast cancer. This can impact the quality of life throughout survivorship. Physical therapy is the gold standard for lymphedema management. Your therapist can help you reduce and manage current symptoms, lessen the risk of long-term complications, and help you safely return to the activities you love.

We will help you achieve?

Through a combination of progressive exercise and manual therapy intervention, you can experience restored range of motion, reduced swelling, and reduced pain. At Spooner, we will implement a whole-body treatment approach to help you return to your desired level of function with a safe return to exercise. We are on your team to help you survive and thrive.

MOVE BETTER. FEEL BETTER. PERFORM BETTER.

Your quality of life is important to us!

At Spooner, we pride ourselves in treating the whole person, and we know that breast cancer-related treatments can impact activities across many aspects of your daily life. Our focus is on providing a positive outcome and a fulfilling patient experience because your quality of life is important to us.



Scan the code to visit our website where you can learn more about our breast health program, our expert providers, and our Spooner locations across the valley.

To schedule, call: 602.559.9700 or visit spoonerpt.com

