

BREAST
CANCER
REHABILITATION



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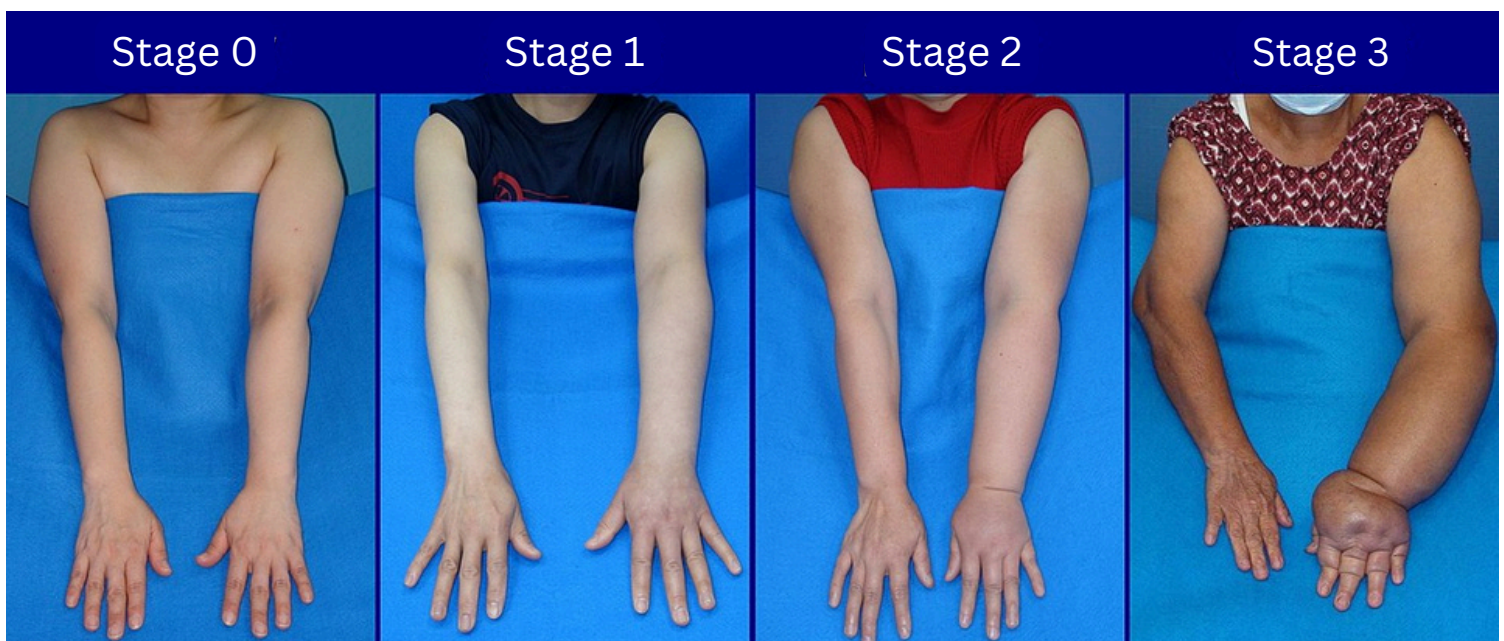
ROLE OF ONCO PHYSIOTHERAPIST IN UPPER LIMB LYMPHOEDEMA

- Mostly Lymphoedema patients received chemotherapy and radiotherapy.
- 41.1% of People in India develop Lymphoedema after surgery.
- 33.50% had clinically significant Lymphoedema 17.21% had severe Lymphoedema. The prevalence Of Lymphoedema in patients treated with surgery was 13.4% whereas the prevalence was 42.4% in patients treated with surgery and radiotherapy.
- Lymphoedema is a global term used to designate pathological, regional accumulation of protein rich fluid.
- It can be either do primary or secondary and mainly occurs after cancer treatment.

STAGE OF DISEASE

- Body surface area >1.5m² Presence of other diseases, postoperative Radiotherapy and anthracycline- based chemotherapy were significant risk factors in univariate analysis and radiotherapy alone & Presence of other diseases emerged as independent risk factors.

Upper Limb Lymphoedema



RISK REDUCTION: LYMPHOEDEMA (BEFORE SURGERY)

Upper Limb Lymphoedema

- Have the arm measured to have baseline measurement; education on stretching and flexibility exercises for increasing arms range of motion and preventing stiffness after surgery Signs and symptoms of Lymphoedema in your affected arm includes swelling of your arm including fingers, tingling, discomfort or increased warmth, fullness or heaviness in the hand, chest, breast, or underarm tightness, decreased flexibility in nearby joints, "busting" or "shooting" pain sensations, Recurring infections, Hardening and thickening of the skin (fibrosis)

SIGNS OF INFECTION INCLUDE

- Redness (may indicate a superficial infection called cellulitis)
- A streaking or rash appearance (may indicate a deeper infection called lymphangitis)
- Fever General Malaise

SIGNS OF INFECTION ARE PRESENT

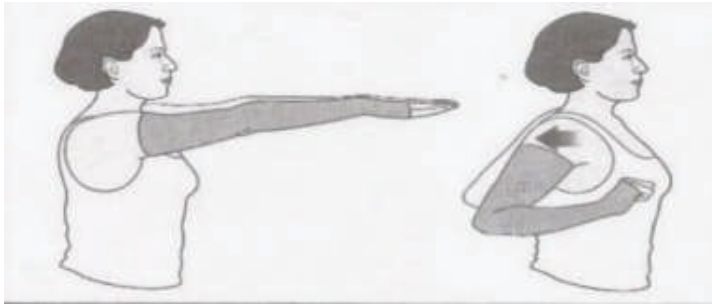
- Stop wearing any form of compression on the limb (bandaging or garments)
- Seek medical attention immediately ; before the
- infection worsens (antibiotics are generally
- prescribed as treatment).
- Stop exercise and other activities.

MASTECTOMY WITH OR WITHOUT LYMPHADENECTOMY

- Mastectomy is a way of treating breast cancer by removing the entire breast through surgery.
- Lymphadenectomy or lymph node dissection is the surgical removal of one or more groups of lymph nodes.
- Lymphoedema is a build-up of lymph fluid in the fatty tissues just under the skin it can develop after treatment.
- It's normal to have some swelling right after surgery or during and just after radiation therapy. This may be called temporary lymphoedema.
- This swelling usually goes away slowly over the next month or so chronic or long -term lymphoedema starts months to years after treatment which needs to be prevented.

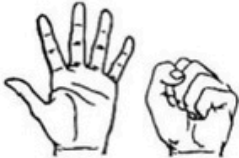





- If you develop chronic lymphoedema starts months to years after treatment to help reduce the swelling, in order to decrease the risk of infection and reduce swelling. All lymphoedema treatments should be given by an experienced lymphoedema therapist.









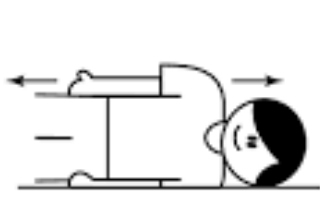
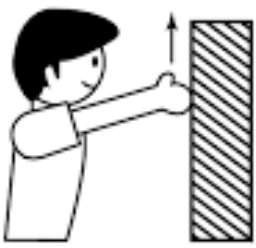

EXERCISES FOR MANAGEMENT OF UPPER EXTREMITY LYMPHOEDEMA



- Reach Forward with both arms, then pull your arms back as though you're pinching something Between your shoulder blades.
- Hold for 5 Seconds.
- Press your hands against each other in front of your chest with elbows bent (in a prayer like position).
- Hold for 5 Seconds.

EXERCISE TO REDUCE UPPER LIMB LYMPHOEDEMA

		
<p>Open and close your hand</p>	<p>Move your Wrist forward and back</p>	<p>Bend and straighten your elbow</p>
		
<p>Roll your shoulders in a backward direction</p>	<p>Lift your hand up toward the ceiling and gently lower back down</p>	<p>Raise arms from your side up above your head and gently lower back down</p>

 <p>Pendular exercise</p>	 <p>Flexion/lying</p>	 <p>Abduction/lying</p>	 <p>Horizontal abduction on lying</p>
 <p>Elevation/elbow flexed</p>	 <p>Elevation with stick</p>	 <p>Abduction with stick</p>	 <p>Elevation with stick</p>
 <p>Depression/elevation on lying</p>	 <p>Crawling fingers</p>	 <p>Crawling abduction</p>	 <p>Retraction/external rotation</p>
 <p>Weight-bearing shoulder extension</p>		 <p>Hand behind back/neck</p>	

All exercises should be done 10-15 repetition and 2 times a day.

After doing all these exercises, **self MLD (Manual Lymphatic Drainage)** should be done for 25-30 minutes.

DO'S

- Do protect your arm from sunburn.
- Do avoid insect bites.
- Do wear gloves when gardening.
- Do follow regular exercise.
- Do wear oven mitts when moving hot plates and from the oven or burner.
- Do keep your arm clean and apply moisturizing cream regularly.
- Do thoroughly clean and apply an antibiotic and bandage to any scratch or cut immediately after the injury occurs.
- Do dry your arm thoroughly after bathing
- Do wear a soft bra with padded shoulder straps.
- Do try to avoid burns.
- Do wear a compression sleeve anytime you travel by air.
- Do shave under your arms with a well maintained electric razor and use hair removal cream labelled for sensitive skin after checking sensitivity.
- Do the exercises twice a day until you get back your normal flexibility.
- Do wear comfortable loose clothing.
- Do use your affected arm for combing your hair, bath and get dressed.
- Do increases your fluid intake; eat high-fiber foods to prevent constipation and low salt diet.
- Do maintain BMI of 25.
- Do work with therapist to develop a gentle exercise for strengthening the arm and upper body.

DONT'S

- Do not bath in extremely hot water.
- Do not cut your cuticles when maintaining your nails.
- Do not wear tight jewellery of any kind on your arm or hand.
- Do not hang a heavy purse bag or briefcase over the shoulder of an at-risk arm.
- Do not allow blood to be drawn from an at risk-arm.
- Do not allow vaccines or other shots to be given at at-risk arm.
- Do not allow medical personnel to put a blood pressure cuff around an at-risk arm.
- Do not allow outdoor pets to scratch or bite your hand or arm.
- Do not expose at-risk limbs to the extreme heat of hot tubs.
- DO not play sports which may result in injury to your arm
- DO not sew unless wearing a thimble to protect against finger pricks.
- Do not cut vegetables without using kitchen gloves.
- Do not rub the arm harshly with your towel in the drying process.
- Do not sleep on your affected arm.