

BREAST CANCER REHABILITATION & LYMPHEDEMA THERAPY



Healthy is life after cancer.

After lymph node surgery with or without follow-up radiation and/or chemotherapy treatments, there is a lifelong risk of developing lymphedema. Our team of certified Lymphedema Therapists supports patients prior to surgery, following surgery and leading into any necessary follow-up treatments and even post-treatment. They are trained to provide education and a customized Complete Decongestive Therapy Plan, comprised of manual lymph drainage, compression therapy, exercise and skin care.

Breast Cancer Rehabilitation and Lymphedema Treatment includes:

- Individualized exercise programs for each patient
- Manual therapy to reduce pain, scar tissue, and fibrosis to restore range of motion, strength, and function
- Complete Decongestive Therapy (CDT) including manual lymph drainage (MLD), compression garments, multilayer short stretch compression bandaging, skin care, therapeutic exercises, and education in a home program.



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Prior to surgery, our therapists can develop an individualized exercise program to help reduce any loss of motion, strength and function of the upper extremities following surgery and help with future radiation treatment. This includes:

- Lymphedema prevention
- Baseline measurements of arm volume
- Home exercise program comprised of gentle stretching

Following surgery and through necessary follow-up radiation and/or chemotherapy, our therapists can provide additional education and individualized exercise programs to help patients achieve normal ranges of motion and function. This includes:

- Axillary Web Syndrome (cording)
- Bone health education
- Gentle scar mobilization/skin care education
- Home exercise program to help maintain a normal range of motion in the upper extremities and avoid or prevent shoulder dysfunction
- Motivational support to help with ADL and IADL skills

Post Radiation/Chemotherapy:

- Fibrosis Management
- Transition back to a pre-treatment level of function
- Fatigue management
- Chemo-induced peripheral neuropathy
- Reconditioning - Fit for the Journey Program

John A. DeQuattro Cancer Center

100 Haynes Street, Manchester | 860.647.6485

Evergreen Walk

2800 Tamarack Avenue, South Windsor | 860.533.4670

Physician referral is required.



Learn more about our rehabilitation services.

echn.org/services/rehabilitation

ECHNSM
Eastern Connecticut Health Network