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facts about physiotherapy and breast cancer



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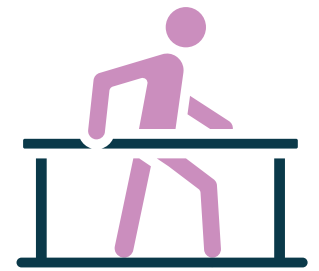
Multidisciplinary care improves quality of life in people with breast cancer

Physiotherapists work closely with a range of healthcare professionals:

- medical and radiation oncologists, pathologists, surgeons, GPs, breast care or oncology nurses and palliative care teams
- allied health professionals including psychologists, dietitians, exercise physiologists, occupational therapists and social workers.



2



Prehabilitation and postoperative care support recovery from breast cancer surgery

Physiotherapists play a key role before and after surgery:

- prehabilitation involves individualised exercise programs designed to optimise strength, physical function and upper limb mobility
- postoperative physiotherapy focuses on pain management, wound and seroma care, exercise, education and scar and lymphoedema management.

3

Physiotherapy during breast cancer treatment can mitigate side effects



Treatment for breast cancer has many side effects. Physiotherapy can help to minimise:

- fatigue and subsequent reduction in muscle mass and strength
- altered sensations in feet/hands, reduced proprioception and balance disturbances
- nerve injury, impaired tissue flexibility, fibrosis, chronic pain and breast/arm lymphoedema.

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Ongoing support after breast cancer treatment is crucial



Surveillance and proactive treatment of long-term side effects are vital during breast cancer survivorship. Common challenges can be alleviated through:

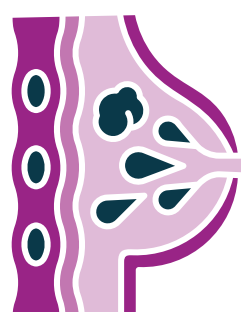
- physical activity and exercise
- weight management
- rehabilitation strategies
- yoga, mindfulness and cognitive behaviour therapy.

5

Physiotherapy plays an important role in advanced breast cancer

In advanced breast cancer, physiotherapists provide safe and effective care through:

- appropriate exercise prescription for people with bony metastases and cardiotoxicity
- monitoring signs of recurrence and spread
- managing symptoms
- improving functional independence.



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