

# Physiotherapy information and recommendations during radiotherapy

## Dear patient,

Before radiotherapy begins, we would like to provide some helpful tools in preparation.

## Guidelines for radiotherapy

1. Adhere closely to the skin care instructions from the radiation unit.
2. During the course of radiation, keep moving your arm, making sure you feel comfortable and **do not experience any pain**. Circular shoulder motions and stretch exercises are recommended, **in 5-10 daily repetitions**. If you have skin burns or significant pain, consult your physician or a lymphatic physiotherapist regarding the recommended range of movement while exercising.

Here are some suggested exercises:

### ● Stretching exercises

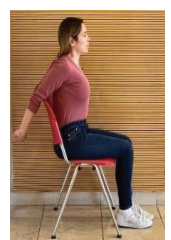
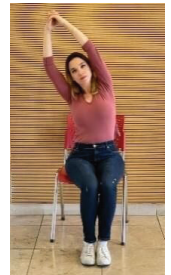
- A. When sitting or standing, cross your palms, straighten your elbows and lift your arms towards the ceiling in a gentle, smooth motion, inhaling deeply. Lower your arms. Repeat about 5 times. With your arms lifted, add gentle sideway stretches.
- B. Stand in front of a corner door frame, placing your hand on the frame or wall at shoulder level, and move forward until you feel a backward tension. Hold this for about 20-30 seconds, and repeat about 5 times. To increase the difficulty, you can place your hand higher.
- C. Sitting or standing, cross your fingers behind your back, and straighten your elbows. Hold this for about 20-30 seconds, and repeat about 5 times.

### ● Exercise for improving your range of motion

On-the-wall arm extension – stand in front of the wall, and gently touching the wall, let your fingers climb up towards the ceiling and back down.

### ● Strength-improving exercise

Wall push-ups – stand in front of the wall, place your palms on the wall at shoulder width apart, bend and straighten your elbows. This exercise becomes more difficult the farther you are from the wall.



3. Pilates, the Feldenkrais method, and rehabilitative yoga during and after treatments are highly recommended.
4. Aerobic exercises are known to reduce treatment-related fatigue, while improving your range of motion and overall quality of life. According to current recommendations, choose physical activity according to your ability. You can do either 150 minutes a week of medium intensity exercise (such as walking, pilates or yoga), 75 minutes a week of high intensity exercise (such as jogging, dancing, cycling), or a combination of them. That said, even a 15-30 minute leisurely walk has benefits.
5. If you experience a swelling sensation in your arm or edema, consider lymphatic physiotherapy. You can find additional information as well as recommendations on reducing post-op and breast cancer treatments' side effects via the following link (with content in Hebrew, Arabic, Russian and English): <http://www.ial.org.il>
6. After treatments, if you experience any pain or motion limitations, consult your physician or physiotherapist.

Wishing you a speedy return to your routine,  
**The radiation and physiotherapy team**