

Physiotherapy and its importance for breast cancer patients

Breast cancer and the associated medical treatment (surgery, radiation, chemotherapy, biological treatment) may expose patients to a range of physical and psychological side effects that can persist or appear several years after being cured. Physiotherapy treatments help alleviate and even prevent some side effects.

Examples include: cancer-related fatigue that can be alleviated; some women undergoing chemotherapy may experience balance issues due to disrupted sensation in their feet and palms (peripheral neuropathy), which can be improved. shoulder function after surgery and radiation can be rehabilitated, scars and swelling (lymphedema) treated, and so forth.

Physiotherapy is part of the healing process and is adapted to each phase before and after surgery:

- Initially as preparation for surgery
- During oncology treatments to maintain optimal function and help address side effects
- Rehabilitation following surgery

It is especially important to begin treatments shortly after surgery and the end of the oncology treatments.

Studies have shown that physiotherapy is conducive to improving patients' and survivors' quality of life.

So we encourage scheduling a consultation at the physiotherapy facility near you.

After a diagnostic meeting, our physical therapists can assemble a personal treatment plan suited to your needs.

You may contact us via phone or e-mail.

Contact information is in the services manual, under Physiotherapy and according to your area of residence.

You can also receive assistance from the medical center's oncology team.

Wishing you good health!