



P R E M I E R
PHYSICAL THERAPY

Where it's all about you... all the time.

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SURGERY

SEQUELAE OF SURGERY

LUMPECTOMY

- Incisional tightness/pain
- Delayed wound healing/seroma
- Impaired sensation:
 1. intercostobrachial nerve
 2. medial cutaneous nerve
 3. long thoracic nerve
 4. thoracodorsal nerve

MRM

- Postural asymmetries/deficits
- Balance deficits
- Psycho-social impact (body image, intimacy issues, etc.)
- Myofascial strain patterns, scar tissue/adhesions: surgical site and chest wall
 - Axillary Web Syndrome (AWS)/Cording
- Post Mastectomy Pain Syndrome
- Post-op swelling: surgical sites - breast/chest and axilla
- Upper extremity impairments and loss of:
 1. ROM
 2. strength
 3. scapular stability/mobility
 4. function/ADL

RECONSTRUCTION: TRAM Perforator/Microvascular flaps (DIEP, SIEP, Gap-flap)

- Additional sites to assess and/or treat
- Increased need for core stabilization and body mechanics instruction

PHYSICAL THERAPY INTERVENTION POST-SURGERY

- Mobilization techniques
 1. soft tissue/scar tissue: decrease neuropathic pain
 2. joint (Scapula, GH, AC, SC)
 3. myofascial release
- Therapeutic exercises
 1. movement re-education
 2. ROM/strengthening
 3. postural training
- Diaphragmatic breathing
- Lymphedema assessment
- Education and support