

# OUTPATIENT REHABILITATION

## Breast Cancer



**ANDERSON**

*Regional Medical Center*

Anderson Regional Medical Center offers outpatient Breast Cancer Rehabilitation therapy by physical and occupational therapists who have been extensively trained in skilled treatment procedures for lymphedema management and breast cancer rehabilitation. Our rehabilitation program has been developed based on our therapists' training and working knowledge of current medical management of breast cancer, including local and systemic treatments and reconstructive procedures.

*Anderson — for quality of life.*

*[www.andersonregional.org](http://www.andersonregional.org)*



*A physician  
referral is required.  
Call 601.553.6704  
for more details.*

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The most common physical issues that arise from breast cancer and its treatment include:

- Decreased shoulder strength & range of movement
- Pain
- Fatigue
- Posture change
- Impaired ability to perform activities

Outpatient rehabilitation therapy at Anderson can help by offering:

- Pain Management Techniques
- Integrative Medicine
- Nutrition Counseling
- Stress Management
- Prosthetic, Clothing and Personal Image Options

Anderson patients are provided with a comprehensive approach to restore maximum level of function when lymphedema presents. **Lymphedema treatment** may include:

- Manual lymphatic therapy
- Gradient compression bandaging of the limb
- Fitness programs for flexibility and strength
- Posture and breathing exercises
- Aerobic and conditioning exercises
- Therapy for frozen or weakened shoulder or other muscle imbalances

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