

REHABILITATION FOLLOWING BREAST CANCER MANAGEMENT

Working together

to get you active and strong

Lymphoedema and risk reduction workshop

This workshop has been designed for those that have lymph nodes removed from their armpit for the management of their breast cancer. This 1 hour workshop will explore:

- What is the lymphatic system, how it works including normal lymph drainage from the breast and arm.
- The physical effects of lymph nodes being removed, chemotherapy and radio therapy in the management of breast cancer.
- Side effects that can occur and what can be done to minimise or manage them.
- The role of the physiotherapy risk assessment.
- Self-help strategies to minimise the risk of lymphoedema.
- The importance of exercise to increase range of movement, strength, energy and fitness to enable return to function.

Presenters: This workshop is delivered by experienced physiotherapists who have specialised in breast cancer rehabilitation and lymphoedema management.

Location

The practice is situated at 5 Warrigal Road, Surrey Hills next to St. Stephens Church, which is near the corner of Warrigal Road and Canterbury Road.

The Victorian Lymphoedema Practice is close to all public transport with Surrey Hills railway station.



5 Warrigal Road Surrey Hills Melways Reference 46 J11

Bookings and enquiries ph [03] 9899 9720