

## Physiotherapy Lymphoedema and Breast Cancer Service

The physiotherapy breast cancer and lymphoedema service is based in the Breast Unit , Magnolia Centre , York Teaching Hospital.

Physiotherapy provides specialist assessment , treatment and management for patients who have or are at risk of developing upper limb, breast or truncal lymphoedema following breast surgery. Manual lymphatic drainage , lymphatic bandaging and kineosiotaping is available .Patients requiring compression garment are measured and fitted with an initial arm garment.

There is physiotherapy expertise in the management of cording , scar and tissue tightness following mastectomy , axillary dissection and breast reconstruction.

A Return to Movement class is held in the Breast Unit once a month for individuals who have recently undergone breast surgery included are supervised shoulder exercises , advice on arm position and exercises during radiotherapy and lymphoedema information and advice. A further session is offered at 4 to 6 months which includes advice and information on returning to exercise and further supervised shoulder exercises.