

Brostrom Physical Therapy

Breast Cancer Rehabilitation

From the desk of: Amy Waltz, PT, MPT, CLT

Unfortunately, about 1 in 8 women will develop invasive breast cancer over the course of their lifetime. For some of these women, the current treatment approaches are surgeries, radiation, as well as chemotherapy. As physical therapists, we can help someone recover from both the early and the long-term effects of these treatments.

Women who have had to undergo surgical intervention during the course of their breast cancer treatment are often left with various complications that a knowledgeable physical therapist is trained to treat in order to improve multiple aspects of that person's life. Some of the unfortunate side effects of surgery are tissue and capsular adhesions along with muscular weakness that can interfere with shoulder range of motion and cause pain, lymphedema, nerve hypersensitivity, and Axillary Web Syndrome.

Chemotherapy treatment for breast cancer can also lead to a multitude of side effects that can be improved by physical therapy. Some of the common issues following chemotherapy that a woman may experience are pain, impaired balance, neuropathy, weakness as well as fatigue.

Another common treatment approach for breast cancer is radiation. This too can leave a woman with pain and tightness in the area of the radiation that can limit the range of motion of the shoulder or chest wall. A woman is also at a higher risk of lymphedema following radiation to various parts of the chest. A trained physical therapist can help recover the range of motion, reduce pain, as well as manage the swelling should it develop.



A brief biography about Amy:

Amy graduated from The University of Michigan with her Masters Degree in Physical Therapy and obtained her Lymphedema Therapy Certification from Klose Training & Consulting.

In addition to her Lymphedema Therapy Certification, Amy possesses over 15 years of outpatient physical therapy experience in a wide range of orthopedic conditions. She ensures patients receive the highest quality of care while assisting in daily management and oversight operations for the clinic by serving as a Co-Clinical Director.

Quote of the Month:

"When we seek to discover the best in others, we somehow bring out the best in ourselves."

- William Arthur Ward



With credit to: <https://bestchoicebrand.com/news/2016-recipes-month/>



October is National Physical Therapy Month! Brostrom Physical Therapy would like to use this opportunity to thank you for your outstanding support... We appreciate you!

Recipe of the Month: Layered Taco Dip

Ingredients:

- 1 16-oz can refried beans with jalapeno (or without, depending on taste preference)
- 1 16-oz jar medium thick-n-chunky salsa, divided
- 1 1.25-oz. package taco seasoning
- 1 16-oz. container sour cream
- 1 8-oz. package cream cheese, softened
- 1 1-oz package ranch dressing mix
- 1 8-oz package finely shredded Mexican style four cheese blend
- 2 cups chopped iceberg or romaine lettuce
- 1 medium tomato, chopped, seeded, and diced
- 1/4 cup sliced onion
- 1 2.23-oz. sliced black olives, drained
- Tortilla chips

Directions:

1. In a medium bowl, mix refried beans, 3/4 cup salsa and taco seasoning until well-combined. Spread this mixture on the bottom of a serving platter, 9x13 baking dish, or two round cake pans.
2. In another medium bowl, mix sour cream, cream cheese, and ranch dressing; mix until smooth and well-combined. Spread over bean mixture and top with remaining salsa.
3. Layer with cheese, lettuce, tomatoes, onions, and black olives. Serve with tortillas chips for dipping.



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