



## People who have undergone breast cancer surgery or treatment may develop secondary problems

- Limited shoulder or neck mobility
- Arm weakness and swelling
- Shoulder dysfunction and pain
- Axillary and chest tightness and pain

This is called post breast therapy syndrome. You may experience one or several of these symptoms shortly after your breast cancer treatment, or you may not have complaints until a few months later.

## GOSHEN REHABILITATION

### Hospital Office

200 High Park Ave.  
Goshen, IN 46526  
(574) 364-2606 phone  
(574) 364-2813 fax

### Goshen Office

1824 Dorchester Ct., Suite B  
Goshen, IN 46526  
(574) 537-0962 phone  
(574) 537-8951 fax for Adults  
and Orthopedics  
(574) 537-9748 fax for Pediatrics

### Middlebury Office

226 W. US 20, Suite B  
Middlebury, IN 46540  
(574) 825-0290 phone  
(574) 825-0467 fax

### Nappanee Office

1953 Waterfall Dr., Suite B  
Nappanee, IN 46550  
(574) 773-3038 phone  
(574) 773-3947 fax

### Syracuse office

1033 N Indiana Ave., Suite C  
Syracuse, IN 46567  
(574) 457-2213 phone  
(574) 457-2239 fax

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**ATTENTION:** If you speak Spanish, language assistance services, free of charge, are available to you. Call 1 (574) 364-1000 (TTY: 711 or 1 (800) 743-3333 to be connected with Relay Indiana).

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**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (574) 364-1000 (TTY: 711 o llame al 1 (800) 743-3333 para comunicarse con Relay Indiana).

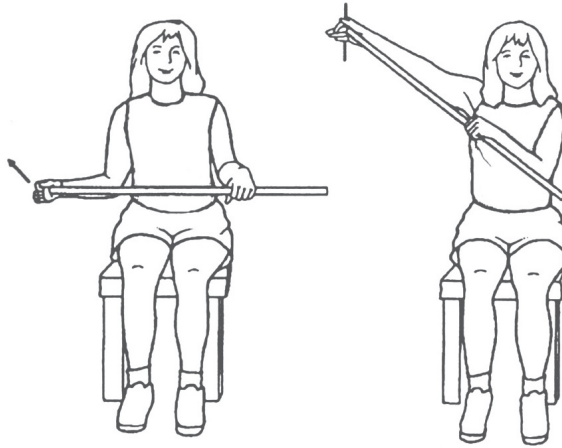


Recommended exercises to relieve shoulder pain and stiffness after breast cancer treatment or surgery

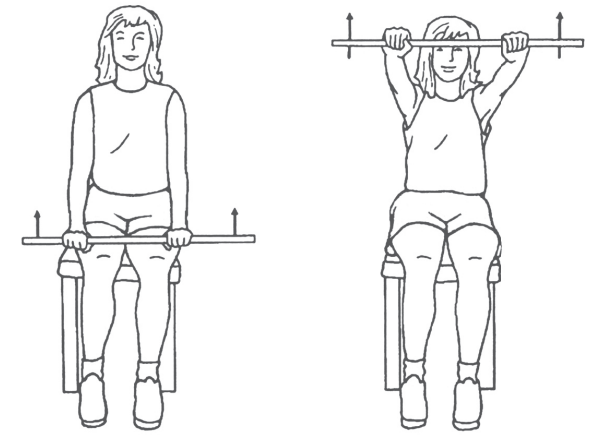


## Simple but effective exercises that can get you started on your journey towards recovery

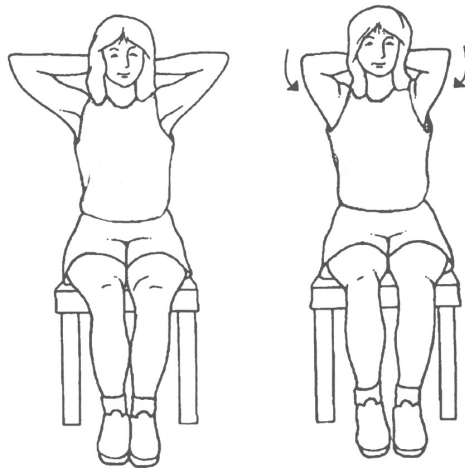
If your symptoms persist or decrease your ability to perform the necessary activities of your daily life, you should consult with your doctor about referring you to occupational or physical therapy.



Hold dowel rod at shoulder level and move it from side to side.



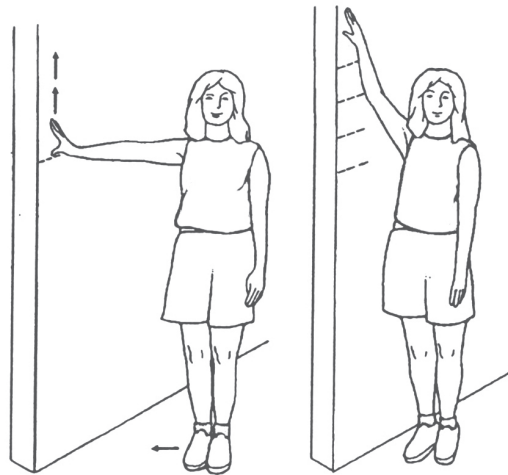
Lift arms overhead as far as you can go or until your elbow is near your ear.



Try to place both hands behind your neck with your elbows out to the side.

Once you are able to reach both hands behind your neck, clasp your fingers together and bring your elbows together until they touch.

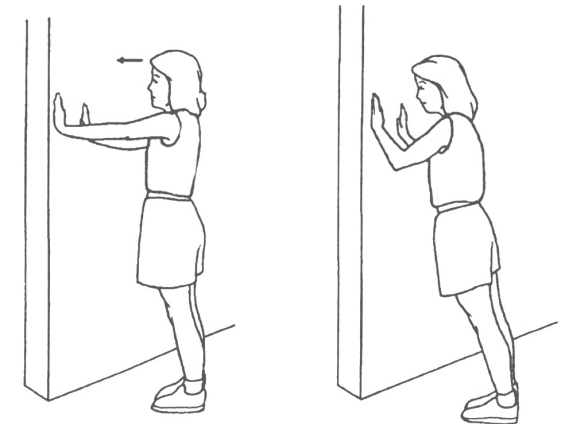
(Stand or sit to do this exercise.)



Stand with your involved arm next to the wall.

Walk your fingertips up the wall, without leaning your body towards the wall.

Repeat the exercise by walking your fingertips down the wall.



Stand facing the wall at arm's length and place your hands against the wall at shoulder level. Slowly bend your elbows until your forehead touches the wall. Keep your head, trunk and legs in a straight line.

Straighten your elbows slowly until the body is upright.

To get an added stretch, do the above exercise in a corner, with your arms on the opposite wall.