



# amber hill

## PHYSICAL THERAPY, INC.

where patients come first — since 1985

## After Breast Surgery...

If you're recovering from breast surgery or experiencing lymphedema, Amber Hill Physical Therapy has women's health specialists who can answer your questions, provide education and design a program tailored to meet your treatment needs.

All of your options will be explained to you at your first visit, and you and your therapist will discuss your individualized treatment plan. For breast surgery, this plan could include:

- **Exercise** – a safe customized program designed for your specific needs and condition.
- **Education** regarding the cause of your restrictions or pain and what you can do to help yourself.
- **Massage and myofascial release** to relax tight muscles and improve joint, tissue and scar mobility.
- **In cases of reconstructive surgery**, a physical therapist can give you safe exercises for your specific impairments.

### Understanding Lymphedema

A small percentage of women who have had breast surgery develop lymphedema or swelling. Symptoms may include: swelling, heaviness or tightness in your arm or chest; tight clothes, bracelets or rings; numbness or tingling in your arm; or areas of hardness or firmness in your arm. If you have lymphedema, it's important to see your physician right away, as this condition does not go away with time. For lymphedema, a therapist can:

- Provide a specialized type of massage that moves lymphatic fluid out of the involved arm and trunk. The massage also improves your strength, mobility and posture.
- Provide bandaging to reduce the size of the affected limb and, if indicated, fitting for a custom-fit garment following treatments.

**For more information or a FREE set of our Women's Health brochures, contact [amelia@amberhillpt.com](mailto:amelia@amberhillpt.com) or call 301-663-1157.**

[www.amberhillpt.com](http://www.amberhillpt.com)

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We are "in-network" with most insurance plans, which is a savings to our patients and we accept CareCredit® Patient Payment Plans. We also offer early a.m., eve. & Sat. hours.