

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

- ____ Evaluate and Treat
____ Exercise Program (i.e. home, gym)
____ Functional Conditioning
____ Therapeutic Exercise
____ Manual Therapy
____ Aquatic Therapy (Hanford only)
____ Modalities
____ Other _____

COMMENTS: _____

Frequency: ____ x per week for ____ weeks

Signature: _____

(Physician signature)

Date: _____

SAME DAY APPOINTMENTS AVAILABLE

Referrals are accepted from any physician. A physician's order and diagnosis are required for evaluation and treatment. We accept most insurances including Medicare.

Bacci & Glinn Physical Therapy, Inc.

Hanford: 559-582-1027

Visalia: 559-733-2478



For more information on this and other topics, visit our website at:
www.bandgpt.com

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POST MASTECTOMY REHABILITATION

BACCI & GLINN PHYSICAL THERAPY, INC.

"Therapy with a Difference"



Post Mastectomy Rehabilitation

According to the National Cancer Institute, it is estimated that the number of new cases of breast cancer in females in the United States in 2007 will be 178,000.³ In addition, it is estimated that 12.7% of women born today will be diagnosed with breast cancer.⁵

A person with breast cancer may undergo a variety of treatments, including chemotherapy, radiation, and/or surgery. Any one of the many surgical procedures can affect a person's ability to perform daily activities such as dressing, bathing, and combing your hair resulting from difficulty moving the shoulder and arm. Physical therapy is key in restoring you to your prior mobility.

Treatment Options

- ◆ Physical therapy may include all or some of the following:
 - Arm mobilization
 - Shoulder strengthening
 - Prevention and treatment of upper extremity edema
 - Aquatic therapy
 - Patient education regarding arm function

Complementary therapy may also be used along with medical treatment. Be sure to talk with your physician prior to trying any of the following:

- Acupuncture
- Herbs
- Biofeedback
- Meditation
- Yoga
- Vitamins

Signs and Symptoms

- ◆ A change in the way the breast feels
- ◆ A change in the way the breast looks
- ◆ A change in the nipple, such as turning in, scaly skin around it, or discharge

Risk Factors

- ◆ Gender
- ◆ Age
- ◆ Heredity/Genetic Factors
- ◆ Long menstrual history
- ◆ Never having children
- ◆ Hormones
- ◆ Personal history of breast or ovarian cancer
- ◆ Environmental factors
- ◆ Early Menopause

References:

1. www.sistersnetworkinc.org
2. www.komen.org
3. www.cancer.gov
4. <http://headtoetoe.apta.org>
5. Statistics: American Cancer Society: Cancer Facts and Figures 2007. Atlanta, GA: American Cancer Society, 2007.

At Bacci & Glinn Physical Therapy, we emphasize active patient involvement in both pain management and rehabilitation. Physical therapy is an essential component in the delivery of quality healthcare. The goal of physical therapy is to enhance and maximize our patients' health, function and quality of life.