

# BREAST CANCER REHABILITATION

**@ GOSFORD ONCOLOGY  
PHYSIOTHERAPY AND MASSAGE**



## **Pain Management**

- Shoulder pain
- Surgery pain
- Scars
- Swelling
- Lymph node dissection
- Reconstruction pain
- Nerve injury
- Medication related muscle and joint pain
- "Chemo" neuropathy

## **Upper Limb Dysfunction & Shoulder Pain**

- Cording
- Posture
- Muscle pain
- Bursitis
- Frozen shoulder
- Rotator cuff
- Tendon problems
- Impingement
- Shoulder blade dysfunction



**STRONG SURVIVORS**  
CANCER REHABILITATION

## **Lymphoedema and Breast Swelling**

- SOZO Surveillance and prevention
- Lymphoedema management
- Breast swelling treatment
- Bra advice
- Compression garment prescription and fitting
- Group exercise classes available, ask us about Keep Moving

## **Cancer Related Fatigue**

- Persisting physical, emotional and cognitive tiredness
- Specific, individualised exercise can help
- Group exercise classes available, ask us about Keep Moving

**Contact us at Gosford Oncology Physiotherapy  
and Massage and let us help you with any side effects**

Gosford Oncology  
Physiotherapy and Massage  
can help you with the side  
effects of breast cancer  
treatment with effective  
hands on physio treatment,  
laser therapy, exercise and  
massage.



We have highly trained Oncology Physiotherapists who are Accredited Lymphoedema Practitioners offering the latest treatment and management options and care for women enrolled in our Breast Cancer Rehabilitation Program.



We offer an early intervention model of care and surveillance with a SOZO Assessment\* which has been shown to significantly reduce the risk of developing Breast Cancer related lymphoedema.  
Remember....the best way to manage lymphoedema is to prevent it!



We help you with pain, swelling, fatigue and all potential side effects of your treatment.

As physios we are uniquely  
skilled to help you from  
diagnosis through to you  
becoming a **Strong Survivor**.

*\*SOZO is a simple test which  
measures fluid in your limbs. This  
can detect lymphoedema before  
you develop any symptoms.  
Your surgeon will often request  
this test before your surgery.*

Make an appointment today by  
contacting us on 43237499 or  
[mail@eastgsofordphysio.com.au](mailto:mail@eastgsofordphysio.com.au)

