



# Tight or Painful Scar Tissue?

from your Mastectomy, Lumpectomy, Radiation,  
Axillary Node Resection, Breast Reconstruction...

## COMMON SYMPTOMS:

- tight "band" around chest
- tight "cord" through armpit
- shoulder and neck pain
- painful scar tissue
- limited flexibility of shoulders
- stiff ribcage
- difficulty taking deep breath
- numb or tingling hands
- hardness of scar
- must wear bra to support scar tissue
- unable to wear bra, too sensitive
- slumped posture
- not able to resume desired activity
- deconditioned from cancer treatments
- unsure of how to safely return to exercise
- many more...



Let us help you  
restore quality to  
the life you have  
worked so hard to  
preserve!



We Can Help!



## TREATMENT OPTIONS:

- private treatment rooms with female PT
- scar tissue massage
- range of motion exercises
- postural corrections
- strengthening weak muscles
- reawakening postural muscles
- patient education in self treatment
- reconditioning exercises
- training in safe body mechanics
- many more...



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