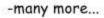
Tight or Painful Scar Tissue?

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









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

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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