

Testimonial

“After my surgery I tried exercising at a conventional gym which resulted in frustration and pain. It wasn’t until I came to Cape Cod Rehabilitation that my specific issues were identified and addressed, which in turn eliminated my pain. Now I’m finally on the road to recovery.”

*~A Cape Cod Rehabilitation patient
& breast cancer survivor*

CCR teamed up with the American Cancer Society to offer a Surviving & Thriving: I Can Cope class for cancer patients of all diagnosis. Call 508-778-5000 for more information including start dates for our 6 week sessions.

Current Hours of Operation

Monday-Friday:
7am-7pm

Saturday:
(Mashpee & Hyannis Only)
8am-1pm



“Getting you back on your feet and into the game!”

MASHPEE

800 Route 28
(508) 477-4800

OSTERVILLE

1336 Main Street
(508) 420-3535

HYANNIS

735 Attucks Lane
(508) 778-5000

Please visit our website at:
www.capecodrehab.com

Cape Cod Rehabilitation’s

BREAST CANCER TREATMENT OPTIONS

Information Guide



COMPREHENSIVE

PRE & POST

BREAST CANCER SERVICES



According to statistics presented by the American Cancer Society, more than 211,000 new cases of breast cancer will be diagnosed this year alone.



The Diagnosis of Breast cancer is often followed by:

- Radiation Therapy
- Chemotherapy
- Lumpectomy
- Mastectomy
- Lymph Node Removal
- Breast Reconstruction

Each of these life saving interventions can have an affect on the integumentary, lymphatic, musculoskeletal, cardiopulmonary & neurological systems.

Affects of these secondary interventions can include:

- Scar tissue & adhesion around area of surgery & radiation
- Impaired mobility
- Loss of tensile strength & integrity of skin tissue
- Loss of Mobility at the Glenohumeral & Scapulothoracic joints
- Development of Adhesive Capsulitis
- Loss of Upper Extremity Strength and Sensation
- Postural Changes
- Cervical Pain, Spasms, & Muscular Imbalances
- Postural Deviations secondary to Abdominal Weakness after Reconstruction
- Fatigue
- Post Breast Therapy Pain Syndrome due to Polyneuropathy
- Lymphedema

About Cape Cod Rehab

We are the premier provider of orthopedic, sports and aquatic physical therapy in the Cape Cod region. Our Conditioning and Training programs help all ages achieve optimal performance and fitness. Our customers experience elite services that are cutting edge and backed by evidence. We have satisfied, loyal customers because we provide outstanding service by a team that has passion for health, fitness and sports. We are experts in Rehab, Conditioning and Training.

Our staff of Physical Therapists, Physical Therapy Assistants, and exercise specialists has special training with post-breast cancer therapy along with manual therapy & exercise implementation and progression. We offer a wide variety of hands-on techniques, as well as land and aquatic based exercises designed to achieve tissue / scar mobility, edema management, pain relief and increased range of motion and strength.