

## Information for patients attending the Exercise and Advice Class for patients receiving radiotherapy for breast cancer

Please read the contents of this sheet before attending for your appointment, in order for the class to be of most benefit to you.

This appointment is usually a group session but may be individual under certain circumstances. If you feel you would find an individual session more appropriate, please speak to your therapy radiographer.

### **Contents of session**

- Exercises to do while receiving radiotherapy and afterwards. These may be different to those you may have been taught at the time of surgery
- Using your affected arm during and after radiotherapy to the breast area
- Loss of Sensation / over-sensitive areas around your breast and shoulder
- Fatigue / tiredness
- Dietary advice

### **Reasons for Attending the Class**

In the class, the Physiotherapist will explain about possible problems in using the arm on your treated side. The surgery you have



received and the radiotherapy you are currently receiving may cause tightening across your breast and shoulder area on the treated side. You will be taught a set of new exercises to help reduce the risk of future problems or resolve current problems with the movement of your shoulder on the treated side. The physiotherapist will check that you are able to do them correctly and help you adapt them if necessary.

In the session, you will have the opportunity to ask questions relating to the shoulder and using your shoulder on the treated side. You will also be given the contact number for the Physiotherapy service should you have problems with the exercises and use of your arm.

## Important Information regarding the class

### Please Note

It is very important that you tell the Physiotherapist at the start of the class if you have any of the following problems:

1. Rheumatoid / osteo-arthritis
2. An open and / or weeping wound in your treatment area
3. A heart attack or angina attack in the previous three months

This will not stop you joining the class, but the Physiotherapist will advise you appropriately as to the changes you may need to make to the exercises.

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