

Mastectomy

What you should know about your “new normal”

Mastectomy scars require lifelong care – just like any other part of your body.

This introductory meeting will suit women who experience one or all of the following:

1. Do you (or your partner) avoid touching your mastectomy scar?
2. Is your mastectomy scar uneven across your chest?
3. Is your mastectomy scar puckered?
4. Is your chest painful when someone hugs you?
5. Is lifting your arm above your head, slower and harder than it use to be?

These are some of the indications that the scar tissue can benefit from treatment. **The good news is that there are several really effective ways to improve scar stretch and sensitivity.** Attend this **online 1 hour** meeting with other women who have had a mastectomy. See how you can:

1. Assess your scar.
2. Identify the main problems for you.
3. See how a special “practice” can test and improve your arm movement if there are restrictions.
4. See the types of massage techniques developed by expert therapists across the world.

This is an introductory awareness and training program – this may help you decide whether you may benefit from more work on your scar.

There will be 25 places available at the online meeting. You will have an opportunity to:

1. See a “live” powerpoint presentation on your screen
2. Receive the assessments that you can use to evaluate your scar.
3. Ask questions
4. Receive an online reminder of Denise’s “best” arm test



For more information about recovery after breast cancer and Denise Stewart:
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