



Prehabilitation for Patients with Breast Cancer

Sibley Memorial Hospital's outpatient rehabilitation department provides prehabilitation services for our patients with breast cancer. Current research supports preoperative assessment and treatment by a physical or occupational therapist to reduce the incidence and severity of current and future impairments. In an aim to provide optimal care and support the complex needs of our patients, an appointment before breast cancer surgery is recommended to address any pre-surgical questions, identify impairments, provide targeted interventions and obtain base-line measurements for surveillance throughout the trajectory of survivorship.

What does your prehab appointment look like?

- Assessment of upper extremity range of motion (ROM) and strength
- Assessment of posture
- Assessment of balance
- Assessment of extracellular water (ECW) and total body water (TBW) with the use of the Inbody 770
- Circumferential measurements of the upper extremities
- Education on positioning post-surgery
- Education on exercises pre- and post-surgery
- Education on Lymphedema risk reduction principles
- Education on survivorship resources post-surgery

Please contact Sibley's outpatient rehabilitation team at **202-364-7665** to set up an appointment before your surgical date.



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