



# RECOVERING FROM BREAST SURGERY

## A WORKSHOP FOR PATIENTS UNDERGOING BREAST SURGERY

Presented by  
The Department of Physical Therapy  
Kaiser San Francisco

### Topics:

- ◆ **Effects of Breast Surgery:** How to help the healing process
- ◆ **Shoulder Stiffness:** Why it occurs and exercises to improve shoulder motion
- ◆ **Exercise:** Is it safe? How much? When can I start?
- ◆ **Resources:** Learn about services available to breast surgery patients at Kaiser and in the community
- ◆ **Lymphedema:** What is lymphedema? Precautions, risk factors, skin care, management and treatment options

**When:** second Tuesday of the month from 3 to 5 PM

**Where:** Outpatient Physical Therapy, 1635 Divisadero St., 3<sup>rd</sup> floor (across the street from Mt. Zion)

**Registration:** Appointments scheduled through the Department of Surgery (call the Breast Care Coordinator, at 415-833-0083) or call Physical Therapy, at 415 833 4325.

**Fee:** Members pay usual co-pay.