

HELPING YOU *Manage the Effects* of BREAST CANCER THROUGH REHABILITATION

Helping out patients at every stage of their cancer recovery journey is important to us. At Sky Ridge, our Cancer Rehabilitation Program includes preventative treatment for post-surgical and post-radiation therapy patients who are at risk for range of motion limitations, decreased strength, scar tissue and lymphedema. We use a number of treatment methods to help with mobilization of the extremities and skin and reduce swelling as well as other symptoms of cancer treatment. Our specialist, Christianne Hippe, helps patients with:

- Exercise and self-care instruction
- Edema management and risk factor education
- Manual therapy techniques for scar tissue
- Bandaging and appropriate garment selection, if needed, for upper extremity lymphedema

Our goal is to help you maintain your quality of life and return to your normal routine as quickly as possible.



Meet Our Breast Cancer Rehabilitation Specialist

Christianne Hippe received her Master's of Physical Therapy from Chapman University in Orange, California in 1990. She is an Orthopedic Certified Specialist from the American Physical Therapy Association and a Certified Mulligan Practitioner in Mobilization with Movement from the Mulligan Institute in New Zealand. Christianne came to Sky Ridge Medical Center in 2007 after practicing in numerous therapy settings in Southern California. She recently completed course work in Advanced Oncology Concepts and Breast Cancer Rehabilitation. Christianne is certified as an Upper Extremity Lymphedema Therapist by the Klose Institute. She is currently our Breast Cancer Rehabilitation Specialist in the Sports Medicine & Rehabilitation Center at Sky Ridge.

For more information or to schedule an appointment, please call 720-225-1030.



What is LYMPHEDEMA?

Lymphedema is the result of an obstruction of the venous or lymphatic systems. It can cause chronic swelling in the arms, legs, chest or back due to accumulation of protein rich fluid in the lymph channels. Patients who have undergone treatment for cancer may experience damage to their lymph nodes. This can interfere with the natural healing process of the body, increasing the risk of infection. Left untreated, lymphedema can lead to limited mobility, decreased strength and decreased range of motion.

WHO CAN BENEFIT

Patients who can benefit from our Breast Cancer Rehabilitation Program include:

- Post-mastectomy or lumpectomy patients
- Breast cancer patients post radiation and/or chemotherapy
- Patients with lymph node complications including DVT
- Those with Hodgkin's disease

This service may be covered by your insurance.

