



WHEN TO REFER

Treatment should be commenced at the earliest opportunity. When women are treated early they are less likely to suffer the pain and infection often associated with established Lymphoedema or surgical intervention and have greater mobility and overall function.

Women should ideally be seen prior to Cancer treatment allowing baseline measurements to be established and then approximately 2 weeks post-surgery and at regular intervals during and after treatment to assess fluid status, track progress and provide peace of mind.

At Women in Focus we stand by our belief that ***A women's Wellbeing starts from within*** and we believe that women who have suffered from cancer deserve this individualised and specialised approach just as much as any other woman.

LOCATION



40 EBLEY STREET
BONDI JUNCTION NSW 2022


get in touch

Ph: (02) 9388 9093
Fax: (02) 9388 0552
info@womeninfocusphysio.com.au

or visit us online at
www.womeninfocusphysio.com.au

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AUSTRALIAN PHYSIOTHERAPY ASSOCIATION
MEMBER



WOMEN
in focus
PHYSIOTHERAPY + HEALTH

NEW

ONCOLOGY
REHABILITATION,
CANCER CARE &
LYMPHOEDEMA

SERVICE



Leaders in women's health, spinal care and pilates



OUR SERVICE

Our service is for women who have been recently diagnosed with cancer, currently undergoing or have completed their cancer treatment. We provide professional care of women in a supportive and compassionate environment for the side effects experienced as part of the cancer journey, including:

- Skin care & scar tissue management
- Shoulder and neck manual therapy for restriction and pain
- Treatment of axillary web syndrome/ cording
- Lymphoedema early detection and management including:
 - Non invasive tissue and fluid analysis with the latest SOZO thrive technology
 - Bandaging or prescription of compression garments
 - Manual Lymph drainage
- Graduated exercise following the validated Strength ABC program specific for cancer
- Pelvic floor management for issues frequently experienced with Gynae cancers.

LYMPHOEDEMA

Lymphoedema is a condition that can cause significant swelling of the arm or leg region due to the buildup of extracellular fluid, a secondary impact of Lymph node removal or damage with cancer treatments.

The risk of developing Lymphoedema depends on the extent of surgery or treatment and whether lymph node dissection is performed. Lymphoedema is known to cause significant quality of life impact. *The battle against Lymphoedema should not begin once swelling is already visibly present but ideally before it is evident.*

Current research into breast cancer treatment suggests the risk to be approximately >30% with radiation to the axilla, 20% following axillary node dissection and up to 5% with Sentinel node biopsy.

The SOZOthrive is the global leader in non-invasive fluid and tissue analysis playing an integral role in the early detection and monitoring of Lymphoedema.

SOZOTHRIVE



We are excited to be able to offer this technology that is currently not widely available in most hospitals or private clinics.

It uses Impedimed's Bio-Impedance Spectroscopy (BIS) Technology which uses 256 unique frequencies to accurately measure the fluid within the limbs. This technology is clinically proven for assessing fluid status and is considered the Gold Standard in Bio-Impedance Technology*. SOZO is a non-invasive fluid and tissue analysis tool that enables the earliest detection of fluid accumulation, before it is visibly present, and has been shown to reduce the incidence of clinical Lymphoedema by almost 90%.

QUALITY OF LIFE IMPACT

Cancer survivorship is increasing faster than ever due to improved diagnosis and treatments, however research is revealing that women are often left with other conditions that continue to impact their quality of life, including:

- Shoulder, neck and back pain
- Restricted shoulder strength and function
- Pelvic floor disorders including painful intercourse and incontinence
- Generalised weakness and deconditioning
 - Postural changes and breathing restriction

Specialised Physiotherapy can help to significantly to reduce the severity and time course of these symptoms and quality of life impact.

