

RECOVERY AFTER BREAST CANCER SURGERY

Kaiser Fremont Physical Therapy Department
39400 Paseo Padre Parkway, Fremont, CA 94538
(510) 248-3200



The RECOVERY AFTER BREAST CANCER SURGERY is for all patients currently undergoing treatment for breast cancer or for patients who have completed their treatment and have questions about getting back to life, work and leisure activities. The goal of the class is to educate patients about activity guidelines after surgery, to provide exercises to help regain shoulder range of motion, and to teach patients how to manage the physical effects of cancer treatment. This is a one time only class which the patients attend shortly after surgery.

FREQUENTLY ASKED QUESTIONS

- **Where is the class located?**
The class is located in the classrooms in the Niles building. If you are not sure which classroom to go to you can call our department at 510-248-3200.
- **What should I wear?**
This class is primarily lecture and there are no specific requirements.
- **How long is the class?**
The class is 1 1/2 hours long.
- **Can I be seen prior to radiation therapy and/or chemo?**
Yes, it is safe to begin these exercises prior to beginning radiation and/or chemotherapy.