



## OUR VISION OF PHYSICAL THERAPY

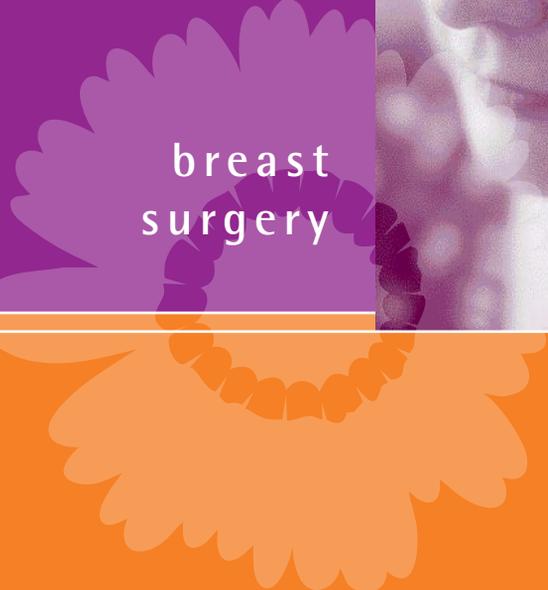
Since 1998, Bauman Physical Therapy & Wellness has been dedicated to ensuring exceptional care in a dynamic environment. From the moment your evaluation begins, you'll feel confident you are under the care of knowledgeable, experienced, skilled manual therapists.

### One On One

Our one-client-to-one-therapist treatment ratio produces the most effective results. Our staff size allows us to devote 100% attention to your progress.

### You're In Charge

We recognize that, ultimately, each woman is in charge of improving her own physical health and wellness. Each member of our well-respected staff is eager to help you achieve your goals.



breast  
surgery

**Bauman**  
physical therapy & wellness

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**Bauman**  
physical therapy & wellness



I'm  
moving  
like  
myself  
again.



**Following breast surgery**, simple acts like washing your hair or reaching the top shelf may cause discomfort.

During recovery, tissues in the shoulder, underarm, chest and belly grow stiff and irritated by scars and radiation. This creates an uncomfortable pulling sensation when you raise your arm or reach above your head.

To prevent injury, you may avoid lifting your arm at all. But lack of movement actually worsens stiffness and swelling, lengthening recovery time.

Whether you have a mastectomy, lumpectomy or reconstructive procedure, the physical therapists at Bauman specialize in treatment to restore ease of movement to your upper body.

### **Reach higher.**

Recovery from breast surgery doesn't have to restrict your life. With physical therapy, you can regain normal movement quickly and safely.

Our therapists will individualize a program of stretches, exercises, lymphatic drainage, myofascial mobilization and other techniques to reduce stiffness and irritation. We'll also teach you how to care for wounds, scar tissue and swelling.

Before you know it, you'll be moving through life freely again.

### **THERAPEUTIC OPTIONS**

- Exercise to overcome tightness, weakness, and pain in the shoulder, neck, chest, upper back, and abdomen.
  - Exercises to improve posture and strengthen upper back and shoulder muscles.
  - Scar massage and stretching.
  - Manual techniques to restore mobility and alignment of shoulder, ribs and thoracic area.
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