

## Abstract

### **Background:**

Lymphedema following breast cancer treatment is one of the most morbid conditions affecting breast cancer survivors. Currently no therapy completely cures this condition. Physiotherapeutic method offers promising results in managing of this condition. This therapy is being widely used.

**Methods:** The therapeutic responses of 50 postmastectomy patients were analyzed prospectively in this study. Among 50 patients, 25 patients – for experimental group & 25 patients – for control group. The control group did not receive any physiotherapy. The study group were advised to do home based exercise from 10thPOD thrice daily. Lymphedema Measurement using circumferential measurements : Patients using compression sleeves were advised to remove them 3 to 4 hours before the following measurements were taken. Upper-limb circumference was taken using cloth measuring tape on bilateral upper-limbs at four levels, i.e., at the metacarpophalangeal joints, wrist joint, 15 cm distal to the lateral epicondyle, and 10 cm proximal to the lateral epicondyle.

**Results:** 50 female patients affected by upper extremity secondary lymphedema after breast cancer treatments were divided into two control

group (n=25) and experimental group (n=25) with introduction of cancer and surgery specialists based on inclusion and exclusion criteria. The experimental group took part in an 8 week exercise program . Findings of the present research revealed that the experimental group participants lymphedema had a significant difference with the control group after 8 weeks of aerobic exercise ( $p<0.01$ ).

**Conclusion:** Early physiotherapy could be an effective intervention in the prevention of secondary lymphoedema in women for at least one year after surgery for breast cancer involving dissection of axillary lymph nodes.

**Keywords:** Postmastectomy lymphedema, physiotherapy,

Circumferential measurement .