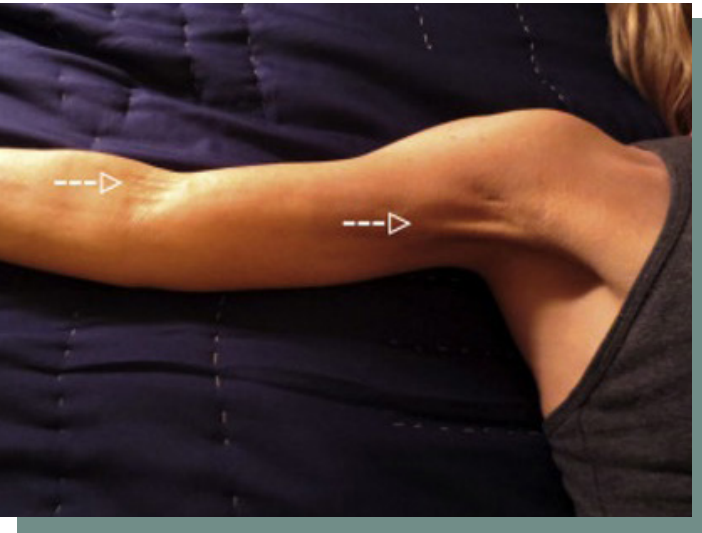


AXILLARY WEB SYNDROME (AWS) OR CORDING

What is Axillary Web Syndrome (AWS)?

AWS, also known as cording, can sometimes develop following mastectomy, lumpectomy, lymph node removal and/or reconstruction. It can occur weeks or even months after surgery.

Cording may present as a single or multiple thin cords that run from the armpit, down the inner aspect of the arm and elbow to the hand.



Cording is thought to be the hardening of lymphatic vessels.

Signs of cording may initially feel like:

- A bruise in the bicep.
- Pain and tightness when raising the arm up or out to the side.
- Difficulty straightening the elbow
- Small cords on the inner aspect of the arm.

How do you treat cording?

To begin any form of treatment, be sure to let your doctor or physical therapist know if you think you may have AWS.

Treatment or managing AWS may look like:

- Daily slow and controlled stretches.
- Manual lymphatic drainage.
- Activity modifications provided by an experienced physical therapist.