

WHY STRENGTH ABC AT SEACOAST?

This program is based on measurable results from the Physical Activity and Lymphedema (PAL) Trial, a one-year randomized controlled exercise intervention trial funded by the National Cancer Institute.

Participants in the PAL study found the following benefits:

50% Reduction of the likelihood of lymphedema worsening.

70% Reduction of the likelihood of arm swelling in individuals who had 5 or more lymph nodes removed.

And Improvements In...

Body Fat Percentage
Strength and Energy
Body Image



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STRENGTH AFTER BREAST CANCER

*Therapy-Based Exercise Program for Breast
Cancer Survivors*

SEACOAST
hand therapy

CARING PARTNERS IN HEALING

Tips to Stay STRONG

S

Start low and increase slowly.

T

Two sessions each week.

R

Reduce weight if you miss any sessions.

O

Overall daily arm work is important.

N

Notice symptom changes.

G

Get in touch with your health care provider if you're experiencing symptoms.

OUR EXPERT FACILITATORS

HILARY HAYNER

*MS, OTR/L, CHT, CLT, Co-Owner
Hand Therapy + Oncology Rehabilitation*

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Learn more about Hilary, Nancy, and June at
www.seacoasthandtherapy.com/about

IS STRENGTH ABC FOR YOU?

Strength ABC is available to all breast cancer survivors. If you have not yet completed treatments, ask your oncology clinician and therapist if you would be eligible.

THIS PROGRAM MAY BE FOR YOU!

CANCER SURVIVOR

You may have concerns about changes in your upper body caused by cancer treatment.

STRENGTH GOALS

You want to increase your strength and energy. You may not be able to perform daily tasks the same way you did before cancer treatment.

EDUCATION

You want to learn more about lymphedema risk education and management in order to become an advocate for your own health.

Our Mission:

To walk with our patients to achieve the best possible outcome as caring partners in healing.



Restoring Comfort and Function In Recovery

Cancer patients face a variety of challenges, over and above their diagnosis. As you navigate cancer recovery, your body needs additional support.

Strength ABC is a program designed to teach breast cancer survivors about the benefits of slow progressive exercise and how it can reduce the onset and/or severity of lymphedema.

THIS PROGRAM INCLUDES:

- An individualized assessment of strength, range of motion, and upper body issues.
- Individual care of any physical function or breast cancer-related issues.
- A one-hour lymphedema education program.
- Four individualized exercise sessions and a program to continue on your own.