



## STRENGTH AFTER CANCER

A 1:1 supervised skilled PT program of aerobic and resistance exercise. Participants meet 1-2 times per week for 6-12 sessions, focusing on intensity, frequency, and duration under the guidelines of “start low, progress slow, and let symptoms be your guide.”



*At Kitsap Physical Therapy, we have 5 therapists who are trained in evidence-based protocols for lymphedema management, offering location preference and convenience for patients.*

### **Poulsbo Village (360) 779-3777**

*Kara Stadshaug, PT, DPT, CLT, PHC*

### **Silverdale (360) 613-1834**

*Kirsten Bakke, PT, DPT, CLT-UE*

### **Bremerton (360) 792-1015**

*Shannon White, PT, DPT, CLT*

### **Bainbridge Island (206) 842-6288**

*Linne Stringer, PT*

*Hayley Siegenthaler, PT, DPT, CLT*

### **Kingston (360) 297-7050**

*Laura Kettel, PT, DPT, CLT*



*\*CLT: Certified Lymphedema Therapist*

**kitsap**  
**physical**  
**therapy**  
AND SPORTS CLINICS

**Breast Cancer  
Management**

Physical Therapy is an effective tool in addressing the lasting effects of cancer treatments and enhancing cancer survivorship. Physical therapy can address the acute and long term impairments and functional limitations triggered by cancer surgeries, chemotherapy, and radiation.

Our goal is to improve quality of life in the months and years after a cancer diagnosis. We utilize both manual therapeutic interventions and exercise to help improve strength and endurance, reduce fatigue,

treat and reduce the risk of lymphedema and Axillary Web Syndrome (AWS), and reduce the recurrence of cancer.

### **REHAB POST-SURGERY**

Goals include: addressing shoulder girdle movement and soft tissue disorders including AWS, improve comfort and function during/following reconstruction, and lymphedema prevention.



### **REHAB DURING AND POST-CHEMOTHERAPY**

We address fatigue, weakness, and balance dysfunction during and after chemotherapy.

### **REHAB DURING AND POST-RADIATION THERAPY**

Goals include: maintaining range of motion and tissue mobility and learning to stimulate the lymphatic system via exercises.

### **LYPHEDEMA MANAGEMENT AND PREVENTION**

Proactive patient education may help prevent lymphedema. The program includes Complete Decongestive Therapy (CDT), which is the gold standard for lymphedema management. CDT treatment may include Manual Lymphatic Drainage (MLD), compression bandage wrapping, skin care, home exercises, and/or compression garments.

