Impairments and Functional Limitations:
ADL, IADL, work and leisure impairment
Limited activity tolerance and endurance
Limited ROM of shoulder
Depression
Impaired body image
Other symptoms and conditions – pathologic fractures, lymphedema, chemotherapy induced peripheral neuropathy, adhesive capsulitis, weight loss, fatigue

Occupational Therapy Intervention:
ADL, IADL, work and leisure training including but not limited to...
- Recommend and/or provide adaptive equipment.
- Encourage use of affected extremity during tasks.

Education on strategies to manage fatigue and conserve energy.
- Assess using the Modified Fatigue Impact Scale (Fisk 1994)
- Instruct in pacing and energy conservation strategies.
- Encourage performance of activities during medication peak times.
- Instruct in activity balancing for self-care, work, play and rest
- Instruct in good sleep hygiene
- Encourage keeping a diary to record tasks that increase fatigue and times of the day when fatigue is more of a problem.

Provide graded UE therapeutic activities and exercises to improve ROM and strength. Follow the referring surgeon’s specific guidelines for ROM and lifting restrictions, and for progression of exercises. Instruct in home program with verbal and written instructions

Instruct in diaphragmatic breathing and proper posture during exercise and activities.

Prevent and control of lymphedema.
- Education on lymphedema prevention or risk factor reduction
- Obtain baseline measurements of both arms: mid-hand, wrist, 10 cm below the lateral epicondyle, elbow, 10 cm above the lateral epicondyle, and the upper arm just below the axilla.
- Measure arm periodically.
- Classifications using the American system: Mild 1.5-3.0 cm; Moderate 3.1-5.0 cm; Severe > 5.0 cm
Occupational Therapy Toolkit
Breast Cancer

Occupational Therapy Intervention:
Manage lymphedema using complete decongestive therapy/decongestive lymphatic therapy (only performed by a qualified therapist).
- Manual lymph drainage/massage
- Compression pump therapy
- Compression bandaging and compression garments
- Lymphedema exercises while wearing compression garments
- Scar tissue management including cross friction massage, scar pads, kinesiotape
- Home program for exercises, self massage, compression wrapping

Teach stress management and relaxation techniques such as progressive muscle relaxation, controlled breathing, self-hypnosis, guided imagery, autogenic training, tai chi, yoga and meditation.

Assist in developing effective communication skills, positive coping strategies (seek out information and support, find strength through spiritual practices, verbalize feelings and concerns, set realistic goals and express positive thoughts); and making informed decisions about medical and alternative treatments.

Educate patient and caregivers about breast cancer, the availability of community resources and encourage participation in support groups.

Patient and Caregiver Handouts:
1. Deep Breathing Exercise 312
2. Energy Conservation 329
3. Mastectomy Exercises 496
4. Measuring Your Arm Following Mastectomy 386
5. Prevention and Control of Upper Extremity Lymphedema 398
6. Good Posture 343
7. Shoulder Isometric Exercises 557
8. Stress Management and Relaxation Techniques 412