



Department of Physical Therapy and Rehabilitation Science

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Patient Education

Breast Cancer Survivorship: UCSF Lymphedema Education and Prevention Program

The Faculty of the UCSF/SFSU Graduate Program in Physical Therapy and UCSF Physical Therapy Faculty Practice provide guidance, education, and exercise training for patients at risk for developing lymphedema and other musculoskeletal impairments after treatment for breast cancer.

UCSF lymphedema and exercise videos and resources:

- Exercise video for patients who have completed the SABC exercise class ^[1] (*Password Protected*)
- Arm Lymphedema Self Massage - video ^[2]
- Managing Lymphedema After Breast Cancer - video ^[3]
 - Managing arm lymphedema after breast cancer video transcript.pdf ^[4]
- Moving Through Cancer - exercise booklet ^[5]
- Exercise counseling for UCSF patients with cancer ^[6]

Additional information on lymphedema can be found here:

- UCSF Helen Diller Family Comprehensive Cancer Center ^[7]
- The National Lymphedema Network ^[8]
- The National Cancer Institute ^[9]
- Sunflower Wellness - information on living through cancer with exercise ^[10] and available classes ^[11]



Laboratory Ergonomics

Wherever you work, it's important to understand the basics of ergonomics so that you can avoid the risk of repetitive motion injuries. You can minimize the risk by maintaining good posture and positioning, optimizing your work station set-up, and incorporating mini-breaks and task rotation. This video includes recommendations for:

- Working at a computer
- Pipetting
- Working at a microscope
- Working at a hood

Click here to watch the video! ^[12]

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Links

[1] <https://vimeo.com/166904965>

[2] https://vimeo.com/172164425?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749

[3] <https://vimeo.com/266582437>

[4] <https://ptrehab.ucsf.edu/sites/ptrehab.ucsf.edu/files/MALAC%20Video%20Transcript.pdf>

[5] http://cancer.ucsf.edu/_docs/crc/MovingThroughCancer2016.pdf

[6] http://cancer.ucsf.edu/_docs/crc/exercise_counseling.pdf

[7] http://cancer.ucsf.edu/breastcarecenter/treatment/surgical_oncology/lymphedema

[8] <http://www.lymphnet.org/>

[9] <https://www.cancer.gov/about-cancer/treatment/side-effects/lymphedema/lymphedema-pdq#section/all>

[10] <https://www.sunflowerwellness.org/sfw/>

[11] <https://www.sunflowerwellness.org/sfw/start-here/bayarea/findclasses/>

[12] <https://vimeo.com/75780028>