



PHYSIO FOR CANCER  
AND LYMPHOEDEMA  
MANAGEMENT

# Newsletter

## July/August 2024

### Update from Sophie Mulcahy: Physiotherapist

I hope everyone is going OK through this cold weather! I am taking the opportunity to slow down a little and embrace the season.

I highly recommend looking up the term '**wintering**' based on the book by Katherine May. It discussed nurturing the ability to embrace the opportunities that going a bit slower brings, such as more reflection and appreciation.

I'm also still going strong with the Dry July Campaign to raise money for Pinc & Steel Cancer Rehab Foundation. Donations can be made here: <https://www.dryjuly.com/beneficiaries/pinc-steel/donations/new>.



### Pilates in Cancer Rehabilitation

Pilates before, during and after breast cancer surgery can offer so many benefits for physical and emotional recovery. I believe that it's one of the most effective, mindful and restorative forms of exercise for women.

Benefits of Pilates Include:

- Restored range of motion
- Core Strength and Stability
- Enhanced lymphatic drainage
- Improved body alignment
- Emotional wellbeing through enhancing mind-body connection

The Pinc and Steel Foundation fund **6 sessions** of group pilates for my patients, which we are so lucky to be able to access through Dry July Funds.



Contact me for further service details.

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### Lymphoedema News - Travel & Exercise

There are some interesting research findings when it comes to compression therapy for travel and exercise for those **at risk of**, but **not diagnosed with**, lymphoedema. It's very important to not over prescribe compression for this population. Here are a couple of important things to consider:

- **Very few** people require a compression sleeve if they are at risk of lymphoedema, as unnecessary compression may actually hinder effective diversion of drainage pathways for lymphatic fluid.
- Exercise is a huge preventer of lymphoedema.
- For those at very high risk of lymphoedema, such as those with very high BMI, compression may be recommended with very close monitoring.
- Bioimpedance Spectroscopy monitoring is the best way to identify **subclinical lymphoedema (non-visible lymphoedema)**, With a diagnosis of Subclinical Lymphoedema, wearing compression while travelling and exercising is necessary.