

## Clinic hours & facilities

Our allied health therapists are available:

Monday – Friday 8am–4pm

Our exercise class sessions are timetabled regularly throughout the week and held in either a spacious well equipped gym or hydrotherapy pool.

## What to bring for your initial assessment

It is helpful to bring a list of your medical history and current medications along with your cancer treatment plan.

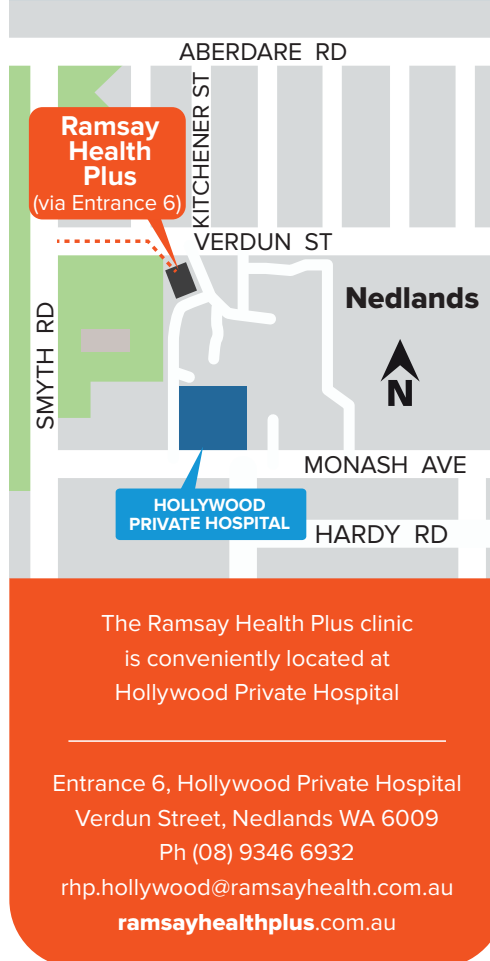
A referral from your GP or oncologist is beneficial but not essential.

## What to wear for the exercise class

Comfortable exercise clothes, sneakers. Bring along a towel and drink bottle.

## Professional affiliations

Our breast cancer allied health therapists are proud to be endorsed and affiliated with the following professional and community support networks.



The Ramsay Health Plus clinic is conveniently located at Hollywood Private Hospital

Entrance 6, Hollywood Private Hospital  
Verdun Street, Nedlands WA 6009  
Ph (08) 9346 6932  
[rhp.hollywood@ramsayhealth.com.au](mailto:rhp.hollywood@ramsayhealth.com.au)  
[ramsayhealthplus.com.au](http://ramsayhealthplus.com.au)

### Location

Ramsay Health Plus is located behind the main complex of Hollywood Private Hospital. Car access is via Entrance 6 off Verdun Street.

Paid Parking is available onsite.



# Cancer Care Plus Breast Program



[ramsayhealthplus.com.au](http://ramsayhealthplus.com.au)



## Breast CancerCare Plus?

Breast CancerCare Plus offers coordinated and supportive allied health care to help maximise your wellbeing during and after breast cancer treatment.

Working in partnership with our allied health therapists, the program will help you to recover and rebuild your physical and emotional strength, body confidence, general fitness and function.

## Benefits of the program

- Enhances strength, flexibility and fitness
- Restores posture and normal movement
- Improves energy levels
- Minimises risk or symptoms of lymphoedema
- Increases bone mineral density
- Improves nutrition and weight management
- Reduces stress levels
- Provides social and emotional support

## Who is the Program for?

If you are undergoing or have completed:

- Breast cancer surgery
- Lymph node surgery
- Breast reconstruction surgery
- Chemotherapy
- Radiotherapy
- Endocrine therapy

If you are having difficulty managing some of the side effects of breast cancer treatment:

- Fatigue
- Limited movement or strength
- Scar, muscle or tissue tightness
- Difficulty coping with home, leisure or work activities
- Joint or body pain
- Cording
- Bone density changes
- Breast, torso, arm or hand swelling
- Neuropathy or changes in sensation
- Mood changes
- Sleep disturbances
- Poor concentration or memory
- Nutrition or weight challenges



## Structure of the program:

### Initial Assessment

A 60 minute assessment is undertaken with a specialised breast cancer physiotherapist. An individual therapy plan and/or exercise program is designed and implemented to address your concerns, achieve your goals and optimise your health and wellness.

### Exercise Classes

A 45 minute circuit style class that combines strength, flexibility, aerobic, balance and functional exercises to enhance the health and wellbeing of each participant.

### Multi-disciplinary care

You may also benefit from additional sessions with a dietitian, exercise physiologist, occupational therapist, pelvic health physiotherapist or clinical psychologist to address any underlying concerns. This can be organised at any point in your breast cancer journey upon request.

### Lymphoedema monitoring and care

Where required, our accredited lymphoedema therapists can teach self-care strategies, perform decongestive therapy and prescribe compression garments. We incorporate the latest innovations in lymphoedema care.

We use SOZO bioimpedance for surveillance and early detection along with laser therapy, compression pumps and bandaging for effective lymphatic drainage.

