

# post mastectomy physical therapy

**post mastectomy physical therapy** is a critical component in the recovery process following mastectomy surgery, aimed at restoring mobility, reducing pain, and improving overall quality of life. This specialized form of rehabilitation helps patients regain strength and function in the chest, shoulder, and arm areas affected by surgery. Post mastectomy physical therapy addresses common complications such as lymphedema, restricted range of motion, and scar tissue buildup. By incorporating targeted exercises, manual techniques, and patient education, therapists assist in preventing long-term disability and enhancing physical and emotional well-being. This article explores the importance, techniques, benefits, and considerations involved in post mastectomy physical therapy. The following sections will provide a detailed overview of what patients can expect and how therapy facilitates a smoother recovery journey.

- Understanding Post Mastectomy Physical Therapy
- Common Challenges After Mastectomy
- Therapeutic Techniques and Exercises
- Benefits of Post Mastectomy Physical Therapy
- Precautions and Considerations
- Role of the Physical Therapist

## Understanding Post Mastectomy Physical Therapy

Post mastectomy physical therapy is a specialized rehabilitation approach designed to address the unique needs of patients recovering from mastectomy surgery. The procedure involves removal of breast tissue, often accompanied by lymph node dissection, which can lead to functional impairments and discomfort. Physical therapy focuses on restoring the natural movement and strength of the shoulder and upper extremity, while managing pain and swelling. Early intervention is crucial to prevent complications such as frozen shoulder or lymphedema. Therapists develop individualized treatment plans based on the extent of surgery, patient health status, and recovery goals.

## Goals of Post Mastectomy Physical Therapy

The primary goals include restoring range of motion, reducing pain and inflammation, preventing scar tissue adhesions, and improving lymphatic drainage. Additionally, therapy aims to enhance muscular strength and endurance around the shoulder girdle and arm. Psychological support and education on self-care techniques are also integral components, empowering patients to actively participate in their recovery process.

## **When to Begin Therapy**

Timing for initiating post mastectomy physical therapy depends on surgical factors and individual healing rates. Typically, gentle mobilization exercises commence within days to a week after surgery, once the surgeon approves. Early therapy helps minimize stiffness and promotes circulation. More intensive strengthening exercises are introduced gradually as healing progresses, usually several weeks post-operation.

## **Common Challenges After Mastectomy**

Patients often face several physical and functional challenges following mastectomy, which post mastectomy physical therapy aims to address. Understanding these challenges is essential for designing effective rehabilitation protocols.

### **Restricted Range of Motion**

Surgical trauma and post-operative pain can lead to limited movement of the shoulder and arm, making everyday tasks difficult. Scar tissue formation may further restrict flexibility and cause discomfort during arm elevation, abduction, or rotation.

### **Lymphedema**

Lymphedema is a frequent complication characterized by swelling of the arm due to impaired lymphatic drainage after lymph node removal. This condition can cause heaviness, tightness, and increased risk of infection. Early identification and management through physical therapy can reduce severity and improve limb function.

### **Pain and Sensory Changes**

Persistent pain, numbness, or tingling sensations may result from nerve injury during surgery. Post mastectomy physical therapy incorporates pain management strategies and desensitization techniques to alleviate symptoms.

## **Therapeutic Techniques and Exercises**

Physical therapists utilize a variety of techniques and exercise protocols tailored to each patient's recovery stage and specific needs. The therapy typically progresses from gentle range of motion activities to strengthening and functional training.

## Range of Motion Exercises

Early-stage exercises focus on restoring shoulder and arm mobility without stressing healing tissues. These may include pendulum swings, wall climbs, and passive stretching to gently mobilize joints and soft tissues.

## Strengthening Exercises

Once sufficient healing is achieved, strengthening exercises are incorporated to rebuild muscle strength and endurance. Resistance bands, light weights, and isometric contractions target the shoulder, scapular stabilizers, and upper back muscles.

## Manual Therapy

Therapists may employ manual techniques such as soft tissue mobilization, myofascial release, and scar tissue massage to improve tissue pliability, reduce adhesions, and enhance circulation.

## Lymphedema Management Techniques

Manual lymphatic drainage, compression therapy, and specialized exercises support lymph flow and reduce swelling. Patient education on skin care and limb protection is also emphasized to prevent complications.

## Posture and Functional Training

Correcting posture and retraining functional movements are integral to therapy. Improving posture helps reduce strain on the shoulder and neck, while functional exercises restore the ability to perform daily activities safely and efficiently.

## Benefits of Post Mastectomy Physical Therapy

Engaging in post mastectomy physical therapy offers numerous physical and psychological benefits that significantly enhance recovery outcomes.

- **Improved Mobility:** Therapy restores shoulder and arm range of motion, enabling better movement and flexibility.
- **Reduced Pain and Swelling:** Targeted interventions help alleviate discomfort and manage lymphedema effectively.
- **Prevention of Complications:** Early therapy reduces the risk of frozen

shoulder, contractures, and chronic edema.

- **Enhanced Strength and Endurance:** Strengthening exercises rebuild muscle function to support daily activities.
- **Psychological Support:** Structured rehabilitation provides motivation and confidence, improving overall mental well-being.
- **Education and Self-Management:** Patients learn techniques to care for themselves, promoting long-term health maintenance.

## Precautions and Considerations

While post mastectomy physical therapy is beneficial, certain precautions must be observed to ensure safe and effective recovery.

### Avoiding Overexertion

Gradual progression is critical; excessive strain can delay healing or exacerbate symptoms. Therapists carefully monitor exercise intensity and patient feedback to adjust treatment accordingly.

### Monitoring for Signs of Infection or Complications

Therapists remain vigilant for symptoms such as increased redness, swelling, or fever, which may indicate infection or other complications requiring medical attention.

### Individualized Treatment Plans

Each patient's therapy regimen is customized based on surgical details, comorbidities, and personal goals. Flexibility in modifying plans ensures optimal outcomes.

### Communication with Healthcare Team

Coordination between physical therapists, surgeons, oncologists, and nursing staff is essential to align treatment strategies and address patient needs comprehensively.

# **Role of the Physical Therapist**

Physical therapists specializing in post mastectomy care play a pivotal role in guiding patients through recovery. Their expertise encompasses assessment, treatment planning, and education tailored to the complex needs of post-surgical breast cancer patients.

## **Assessment and Evaluation**

Therapists conduct thorough evaluations to determine range of motion limitations, strength deficits, pain levels, and presence of lymphedema. This baseline assessment informs individualized therapy goals.

## **Therapeutic Intervention**

Using evidence-based techniques, physical therapists create and implement comprehensive rehabilitation programs designed to restore function and prevent complications.

## **Patient Education and Empowerment**

Education on exercises, posture, skin care, and lifestyle modifications empowers patients to take an active role in their recovery and long-term health.

## **Ongoing Support and Monitoring**

Physical therapists provide continuous support, adjusting treatment as needed and addressing new challenges that may arise during the recovery process.

## **Frequently Asked Questions**

### **What is post mastectomy physical therapy?**

Post mastectomy physical therapy is a specialized rehabilitation program designed to help individuals recover mobility, strength, and function after undergoing a mastectomy surgery.

### **When should post mastectomy physical therapy begin?**

Physical therapy typically begins within a few days to weeks after surgery, depending on the surgeon's recommendations and the patient's overall condition.

## **What are the main goals of post mastectomy physical therapy?**

The main goals include reducing pain and swelling, improving range of motion, preventing lymphedema, restoring strength, and enhancing overall quality of life.

## **What exercises are commonly included in post mastectomy physical therapy?**

Therapy often includes gentle stretching, shoulder range of motion exercises, strengthening exercises, and breathing techniques to aid recovery and prevent complications.

## **How long does post mastectomy physical therapy usually last?**

The duration varies but typically lasts from 4 to 12 weeks, depending on the individual's progress and any complications such as lymphedema or scar tissue.

## **Can post mastectomy physical therapy help prevent lymphedema?**

Yes, physical therapy can include lymphatic drainage techniques and exercises that promote lymph flow, helping to reduce the risk of developing lymphedema.

## **Are there any risks associated with post mastectomy physical therapy?**

When performed under professional supervision, post mastectomy physical therapy is generally safe; however, improper techniques or overexertion may cause pain, swelling, or injury, so guidance from a trained therapist is important.

## **Additional Resources**

### *1. Rehabilitation After Mastectomy: A Comprehensive Guide*

This book offers an in-depth exploration of physical therapy techniques specifically designed for post-mastectomy patients. It covers a range of topics from lymphedema management to restoring shoulder mobility and reducing pain. The guide is ideal for both clinicians and patients seeking effective rehabilitation strategies.

### *2. Healing Through Movement: Post-Mastectomy Physical Therapy Essentials*

Focusing on gentle exercises and movement therapies, this book helps women regain strength and confidence after mastectomy surgery. It emphasizes personalized therapy plans that address individual needs and limitations. The author also discusses psychological benefits of physical activity in recovery.

### *3. Post-Mastectomy Recovery: A Physical Therapist's Approach*

Written by a seasoned physical therapist, this book provides practical advice

and evidence-based protocols for treating post-mastectomy patients. It includes step-by-step exercise routines, scar tissue management, and strategies to improve range of motion. The text also highlights common complications and how to address them.

#### 4. *Lymphedema and Physical Therapy After Mastectomy*

This specialized book dives into the prevention and treatment of lymphedema, a common concern following mastectomy. It explains manual lymphatic drainage techniques, compression therapy, and therapeutic exercises. The book is a valuable resource for therapists and patients focused on lymphedema care.

#### 5. *Shoulder Rehabilitation Post-Mastectomy: Restoring Function and Mobility*

Dedicated to shoulder health, this book details exercises and therapies that target post-surgical stiffness and weakness. It discusses anatomical changes after mastectomy and tailored interventions to improve motion and reduce discomfort. Clinicians will find practical assessment tools and treatment plans.

#### 6. *Empowering Women Through Post-Mastectomy Physical Therapy*

This inspirational book combines clinical insights with patient stories to highlight the importance of physical therapy in recovery. It addresses both physical and emotional challenges faced by women after mastectomy. The author encourages proactive rehabilitation to enhance quality of life.

#### 7. *Scar Management and Physical Therapy After Breast Surgery*

Focusing on scar tissue healing, this book outlines physical therapy techniques to minimize adhesions and improve tissue flexibility. It covers massage methods, stretching protocols, and modalities like ultrasound therapy. The guide helps patients achieve better cosmetic and functional outcomes.

#### 8. *Integrative Approaches to Post-Mastectomy Rehabilitation*

This book explores combining traditional physical therapy with complementary practices such as yoga, Pilates, and mindfulness. It offers holistic strategies to support physical recovery and mental well-being. Recommended for therapists seeking to broaden their treatment repertoire.

#### 9. *Exercise Prescription for Post-Mastectomy Patients*

A practical manual for designing safe and effective exercise programs tailored to women recovering from mastectomy. It includes guidelines on aerobic conditioning, strength training, and flexibility exercises. The book emphasizes gradual progression and monitoring to prevent injury.

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Rebecca Gourley Stephenson, Linda J. O'Connor, 2000 The second edition of Obstetric and Gynecologic Care in Physical Therapy has been thoroughly updated to cover recent changes in the

field of physical therapy as it pertains to the treatment of women. Chapters cover topics on women.

**post mastectomy physical therapy: Exercise, Physical Therapy and Wellbeing in Breast Cancer Patients** Julio de la Torre, Jose Angel Garcia-Saenz, 2023-04-03

**post mastectomy physical therapy: Essential Physical Therapy Terminology: Navigating Physical Therapy Language** Chetan Singh, Are you a healthcare professional, student, or someone interested in the world of physical therapy? Understanding the language and terminology used in this field is essential for effective communication and providing optimal care. *Essential Physical Therapy Terminology: Navigating Physical Therapy Language* is your guide to mastering the terminology, ensuring you are equipped with the knowledge needed to excel in your practice. In this invaluable physical therapy handbook, you will delve into the intricacies of physical therapy terminology from the basics to more advanced concepts. Whether you are just starting your journey in the field or looking to enhance your existing knowledge, this physical therapy book caters to all levels of experience. Master the art of precise communication with patients, colleagues, and interdisciplinary teams, ensuring seamless coordination in the healthcare setting. Embark on a journey of knowledge as you unravel the language of physical therapy. Whether you're a student looking to excel in your studies or a seasoned practitioner seeking to refine your skills, *Essential Physical Therapy Terminology: Navigating Physical Therapy Language* is your ultimate resource for mastering the terminology that lies at the heart of this crucial healthcare discipline. Take a step towards enhancing your clinical expertise and providing the best possible care for your patients. Start exploring the world of physical therapy language today!

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**post mastectomy physical therapy: A Comprehensive Guide to Geriatric Rehabilitation E-Book** Timothy L. Kauffman, Ronald W. Scott, John O. Barr, Michael L. Moran, 2014-09-05 Now in its third edition, this trusted clinical guide enables both the busy practitioner and student to review or to learn about a range of pathologies, conditions, examinations, diagnostic procedures, and interventions that can be effectively used in the physical rehabilitation of older people. It presents a broad overview of age-related physiological changes as well as specific professional discipline perspectives. Organized into eleven distinct and interrelated units, the first unit begins with key anatomical and physiological considerations seen with aging which have significant impact on the older person. The second and third units go on to review important aging-related conditions and disorders of the musculoskeletal and neuromuscular/neurological systems respectively. Neoplasms commonly encountered in older people are the focus of the fourth unit; while aging-related conditions of the cardiovascular, pulmonary, integumentary and sensory systems are presented in units five through seven. Unit eight highlights a range of specific clinical problems and conditions commonly encountered with older patients. Critically, all of these units emphasize important examination and diagnostic procedures needed for a thorough evaluation and stress interventions that can be of significant benefit to the older patient. The ninth unit presents select physical therapeutic interventions that are especially important in managing rehabilitative care. Key societal issues related to aging are discussed in the tenth unit. Finally, the concluding eleventh unit focuses on the successful rehabilitation team that includes both professional and non-professional caregiver members. - A trusted guide to the conditions and problems faced when evaluating and treating geriatric patients - Extensive coverage over 84 chapters, each written by an expert in the field - Includes imaging, vision and the aging ear - Cross-referenced - providing the complexity and inter-relatedness of co-morbidities common to aging patients - Collaborative international perspective - Chapters on the aging spine; frailty; safe pilates for bone health; health care for older people - Additional renowned editor - Ronald W. Scott - Revised title to reflect the comprehensive scope of content covered (previously entitled *Geriatric Rehabilitation Manual*)

**post mastectomy physical therapy: Geriatric Rehabilitation Manual** Timothy L. Kauffman, John O. Barr, Michael L. Moran, 2007-01-01 This manual gives step-by-step guidance on the



evaluation and treatment of geriatric diseases and disorders. It covers incidence of disorders, diagnostic tests, associated diagnoses, clinical implications for mobility, and rehabilitation techniques. It offers a broad overview of the effects of aging on all body systems. Special geriatric considerations for laboratory assessment, thermoregulations, and pharmacology are also discussed. This manual is a resource for all training clinicians in geriatric care and is a quick-reference guide for students and practitioners in this field.

**post mastectomy physical therapy: Breast Cancer - E-Book** James L. Weese, 2023-10-09  
\*\*Selected for 2025 Doody's Core Titles® in Oncology\*\*Because most cancer care is delivered in the community setting, *Breast Cancer*, edited by Dr. James L. Weese, looks at the management of breast cancer through the lens of multidisciplinary pathways focused on evidence-based, real-world care of breast cancer patients in the community. A multidisciplinary team of expert authors provides state-of-the-art guidance from the perspective of community practitioners using an evidence-based model, clearly showing the thought processes used to make treatment decisions in today's breast cancer management. - Discusses all the latest breakthrough therapies for breast cancer, including chemotherapeutic, molecular, and immunologic agents, as well as new developments in precision-based medicine, pharmacology, breast cancer surgery, breast and lymphatic reconstruction, radiation therapy, and more - Provides strategies for targeted radiation therapy and conservative breast surgery for contemporary breast cancer treatment - Features more than 200 high-quality figures throughout, including pathways, anatomic, radiographic, and graphic images - Models a consistent, team-based thought process used at leading academic institutions to foster consistent decision making applied to the community setting - Includes key points at the beginning of each chapter that highlight essential concepts and topics - An ideal resource for practicing medical oncologists, surgical oncologists, and radiation therapists, trainees and practitioners in related fields, and oncology nurses and case managers

**post mastectomy physical therapy: A Case Manager's Study Guide** Denise Fattorusso, Denise Maldonado, Campion Quinn, 2003 *A Case Manager's Study Guide: Preparing for Certification* is the most comprehensive, print & electronic combination study guide for case management certification available on the market. It is designed specifically for study for the largest & most well-respected exam - the Certified Case Manager Exam (CCM). This study guide is organized to help you focus on the areas recommended for study by the certification board. The pre-test in the study guide helps you assess what areas of the text you should focus on most. More than 600 questions throughout the study guide are written in the formats favored by the CCM. Interactive CD-ROM software makes it easier, faster & more fun to study & learn. The software automatically scores your practice tests overall & by subject areas so you can assess your strengths & weaknesses; allows you to simulate the real test by taking timed tests; instantly provides the answers & explanatory text to the questions you missed; allows you to take as many practice exams as you want, with questions selected randomly by the software.

**post mastectomy physical therapy: Essentials of Interventional Cancer Pain Management** Amitabh Gulati, Vinay Puttanniah, Brian M. Bruel, William S. Rosenberg, Joseph C. Hung, 2018-12-28 This text provides a comprehensive review and expertise on various interventional cancer pain procedures. The first part of the text addresses the lack of consistency seen in the literature regarding interventional treatment options for specific cancer pain syndromes. Initially, it discusses primary cancer and treatment-related cancer pain syndromes that physicians may encounter when managing cancer patients. The implementation of paradigms that can be used in treating specific groups of cancer such as breast cancer, follows. The remainder of the text delves into a more common approach to addressing interventional cancer pain medicine. After discussing interventional options that are commonly employed by physicians, the text investigates how surgeons may address some of the more severe pain syndromes, and covers the most important interventional available for our patients, intrathecal drug delivery. Chapters also cover radiologic options in targeted neurolysis and ablative techniques, specifically for bone metastasis, rehabilitation to address patients' quality of life and function, and integrative and psychological

therapies. *Essentials of Interventional Cancer Pain Management* globally assesses and addresses patients' needs throughout the cancer journey. Written by experts in the field, and packed with copious tables, figures, and flow charts, this book is a must-have for pain physicians, residents, and fellows.

**post mastectomy physical therapy:** *Essentials of Physical Medicine and Rehabilitation E-Book* Walter R. Frontera, Julie K. Silver, 2018-09-26 Packed with practical, up-to-date guidance, *Essentials of Physical Medicine and Rehabilitation*, 4th Edition, by Walter R. Frontera, MD, PhD; Julie K. Silver, MD; and Thomas D. Rizzo, Jr., MD, helps you prevent, diagnose, and treat a wide range of musculoskeletal disorders, pain syndromes, and chronic disabling conditions in day-to-day patient care. This easy-to-use reference provides the information you need to improve patient function and performance by using both traditional and cutting-edge therapies, designing effective treatment plans, and working with interdisciplinary teams that meet your patients' current and changing needs. An easy-to-navigate format provides quick access to concise, well-illustrated coverage of every essential topic in the field. - Presents each topic in a consistent, quick-reference format that includes a description of the condition, discussion of symptoms, examination findings, functional limitations, and diagnostic testing. An extensive treatment section covers initial therapies, rehabilitation interventions, procedures, and surgery. - Contains new technology sections in every treatment area where recently developed technologies or devices have been added to the therapeutic and rehabilitation strategies, including robotic exoskeletons, wearable sensors, and more. - Provides extensive coverage of hot topics in regenerative medicine, such as stem cells and platelet rich plasma (PRP), as well as a new chapter on abdominal wall pain. - Delivers the knowledge and insights of several new, expert authors for innovative perspectives in challenging areas. - Offers a clinically-focused, affordable, and focused reference for busy clinicians, as well as residents in need of a more accessible and targeted resource. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

**post mastectomy physical therapy:** *Breast Cancer Collaborative Management* Jay K. Harness, 2021-04-29 Prominent specialists champion the view that contemporary management of breast, or any, cancer requires the partnership of physicians, nurses, social workers, and all others whose special training and talents should be integrated for treating the whole patient. Here is the book that sets forth the rationale for this nationwide emerging concept and the means for accomplishing it. Dealing with total care of the whole patient, this new classic text is written by and for surgeons, radiation oncologists, medical oncologist, pathologists, radiologists, nurses, social workers, and others involved with the care and management of the patient with breast cancer.

**post mastectomy physical therapy:** *Multidisciplinary Pain Medicine Fellowship* Magdalena Anitescu, 2025-08-03 This book offers a comprehensive review of essential medical knowledge topics that pain fellows need to acquire to successfully graduate a Pain Medicine Fellowship Program. It enhances local curriculum in pain fellowships across the nation and offers standardized education of trainees while also serving as a reference for practitioners and trainees worldwide. The book serves several purposes: Guides and standardizes teaching curriculum for the 120 ACGME accredited pain fellowships and about 200+ non-ACGME accredited fellowships Offers trainees key references essential for their education and future career development Serves as board preparation material Guides pain program directors on developing a program-specific and fellow-specific curriculum tailored towards own institution Chapters follow a natural progression from basic science to topics on interventions, surgeries and emerging techniques in pain medicine. The reader is guided and directed towards concepts needed for progressing into becoming competent pain physicians. Together with introduction of essential topics in pain medicine, each chapter is introducing key publications that are requisite in learning the art and science of pain medicine. In the time where pain medicine is such a dynamic and innovation incubator, Multidisciplinary Pain Medicine Fellowship, will ensure that next generations of pain practitioners speak the basic common language of our specialty and advance best practices in pain medicine.

**post mastectomy physical therapy: Breast Cancer Chronicles: From Awareness to Wellness** Dr. Spineanu Eugenia, In *Breast Cancer Chronicles: From Awareness to Wellness*, embark on a transformative journey through the multifaceted world of breast cancer. This comprehensive treatise is your ultimate guide to understanding breast cancer, its prevention, holistic well-being, and advocacy for change. Seamlessly blending medical insights, holistic approaches, and patient perspectives, this book is an invaluable resource for individuals seeking to enhance their breast health, reduce risk, and embrace a holistic way of life. Uncover the intricacies of breast cancer, from its definition and classification to epidemiology, genetic predisposition, and pathogenesis. Gain insight into clinical presentations, diagnostic modalities, and advanced treatments, equipping yourself with knowledge that can make a difference in your life or the lives of loved ones. But this treatise goes beyond medical details. It delves into holistic approaches to breast health, including lifestyle modifications, mindfulness practices, and the significance of mental well-being. Learn how to nurture your mind, body, and spirit to reduce the risk of breast cancer and promote overall wellness. Discover the vital role of breast cancer advocacy and education in driving change and raising awareness. Read inspiring survivor stories and gain empowering insights from those who have journeyed through breast cancer and emerged stronger advocates for change.

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**post mastectomy physical therapy: Physical Rehabilitation - E-Book** Michelle H. Cameron, Linda G Monroe, 2007-04-05 The only physical rehabilitation text modeled after the concepts of the APTA's *Guide to Physical Therapist Practice*, 2nd Edition, this detailed resource provides the most complete coverage of rehabilitation across the preferred practice patterns of physical therapy all in one place! Each chapter is consistently organized to make it easy to find the information you need, with clear guidelines, examples, and summaries based on the latest clinical evidence to help you improve quality of care and ensure positive patient outcomes. - In-depth, evidence-based coverage of more key content areas than any other rehabilitation resource of its kind, including orthopedics, neurology, and wound management, ensures a comprehensive understanding of rehabilitation supported by the latest clinical research. - More than 65 case studies present a problem-based approach to rehabilitation and detail practical, real-world applications. - Over 600 full-color illustrations clarify concepts and techniques. - A FREE companion CD prepares you for practice with printable examination forms and reference lists from the text linked to Medline abstracts and reinforces understanding through interactive boards-style review questions, and vocabulary-building

exercises.

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**post mastectomy physical therapy: Physical Medicine & Rehabilitation Secrets** Bryan J. O'Young, Mark A. Young, Steven A. Stiens, Sam S.H. Wu, 2022-12-15 For more than 30 years, the highly regarded Secrets Series® has provided students, academics, and practitioners in all areas of health care with concise, focused, and engaging resources for quick reference and exam review. Physical Medicine and Rehabilitation Secrets, 4th Edition, offers practical, up-to-date coverage of the full range of essential topics in this dynamic field. This highly regarded resource features the Secrets' popular question-and-answer format that also includes lists, tables, weblinks, pearls, memory aids, and an easy-to-read style - making an inquiry, reference, and review quick, easy, and enjoyable. - The proven Secrets Series® format gives you the most return for your time - concise, easy to read, engaging, and highly effective - Fully revised and updated, including new information on geriatric rehabilitation, rehabilitation philosophy, vocational rehabilitation, disability rating and impairments, and legislation and reimbursement - New chapters and content include Longitudinal

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