



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:

FORT WAYNE AREA: (260) 209-2464

INDY AREA: (317) 449-2333

MICHIANA: (574) 931-2802

OPEN 7AM-7PM

ACCEPTS ALL INSURANCES

GUARANTEED APPTS WITHIN 24 HOURS

INDIANA PHYSICAL THERAPY

POST MASTECTOMY THERAPY SERVICES



**INDIANA
PHYSICAL THERAPY**

Where people go to get better

WWW.INDIANAPT.COM

WHO BENEFITS FROM PHYSICAL THERAPY

Anyone who has undergone a mastectomy (partial, simple, modified radical, or radical), lumpectomy, or sentinel node biopsy. Individuals who have undergone any form of radiation or chemotherapy may also benefit from physical therapy.



COMMON SYMPTOMS AFTER A MASTECTOMY

- Pain in neck, upper back, shoulder, arm and chest.
- Decreased shoulder range of motion.
- Altered sensation in upper extremity.
- Tight/stiff muscles.
- Upper extremity strength deficits.
- Headaches.

BENEFITS OF PHYSICAL THERAPY

- Decreased pain and muscle spasms in shoulder, neck and upper back.
- Increased shoulder range of motion.
- Increased strength and stability.
- Improved posture/body mechanics.
- Increased overall function with daily activities.

PHYSICAL THERAPY ACHIEVES THESE BENEFITS BY:

- Manual techniques for range of motion and pain management.
- Customized exercise program progressed at patient tolerance.
- Lymphedema management.
- Patient education.
- Modality treatment.
- Relaxation techniques.

Whatever your diagnosis, our staff has a wealth of industry experience and knowledge to help get you through. If you are down due to pain, it's time to come see us!

INDIANA
PHYSICAL THERAPY