



P R E M I E R
PHYSICAL THERAPY

Where it's all about you... all the time.

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RADIATION THERAPY

SEQUELAE OF RADIATION THERAPY

- Dermal Fibrosis/Radiation Induced Fibrosis (RIF)
 1. chest wall
 2. radiated sites
- Fibrosis
 1. disturbed balance between resorption of old collagen fibers and formation of new ones
 2. loose dermal tissue
 3. increase in fibroblasts and inflexible, densely packed hyalinized tissue
 4. scarring
- Pain
- Burns (all degrees)
- Brachial plexopathy
- Neuropathies
- Muscle impairments
 1. intercostals
 2. pectorals: major and minor
 3. serratus anterior (SA palsy creates sig. UE dysfunction)
 4. latissimus dorsi
 5. subclavius
 6. others
- Decreased neck ROM (supraclavicular nodes)
- Exacerbation of pre-existing joint impairments and rotator cuff issues
- Lung fibrosis and decreased inspiratory capacity
- Bone pain/damage and increased rib fracture risk
- Impaired skin healing
- Lymphedema
- Cancer Related Fatigue (CRF)
- Long term effects: 12-24 months

PHYSICAL THERAPY CONSIDERATIONS DURING RADIATION THERAPY

- Cancer Related Fatigue: #1 complaint
- Manual therapy
 1. evaluate burn level, skin condition
 2. direct vs. indirect technique
 3. no deep soft tissue work
- Therapeutic exercises
 1. UE ROM
- Posture
- Skin care