

**Your Rights After a Mastectomy
Women's Health & Cancer Rights Act
of 1998
(WHCRA)**

Under WHCRA, group health plans, insurance companies, and health maintenance organizations (HMOs) offering mastectomy coverage also must provide coverage for certain services relating to mastectomy in a manner determined in consultation with your attending physician and you.

This required coverage includes all stages of reconstruction of the breast on which the mastectomy was performed, surgery and reconstruction of the other breast to produce a symmetrical appearance, prostheses and treatment of physical complications of mastectomy, including lymphedema.

For more information visit:
<http://www.dol.gov/ebsa/publications/whcra.html>



Rehabilitation Gym



**Therapy
Apartment**



**Therapy
Pool**

**St. Francis Memorial
Hospital & Wimmer
Rehabilitation**

**Post-Mastectomy
Program**



The mission of Franciscan Care Services, Inc. is to live and to promote the healing mission of Jesus Christ.

A breast cancer diagnosis is the start of a **life-changing** and **challenging** journey. Your breast cancer treatment can be life-saving, but can result in residual physical impairments that can affect your daily functioning.

Our Goal

- Educate you and your loved ones
- Alleviate or prevent residual physical impairments and help you return to previous life activities
- Improve your overall health and wellness

Following breast surgery, chemotherapy, or radiation, you may experience some of the following:

- ◆ Severe tightness in the breast, chest or upper arm
- ◆ Loss of range of motion and/or strength in the arm, shoulder, or neck
- ◆ Decreased ability to perform activities of daily living
- ◆ Postural changes and accompanying myofascial pain
- ◆ Chemotherapy induced peripheral neuropathy (numbness/sensation disturbances)
- ◆ Balance deficits
- ◆ Swelling
- ◆ Lymphedema
- ◆ Cancer-Related fatigue

What does the Post-Mastectomy Program consist of?

At Saint Francis Memorial Hospital, our occupational therapist will provide education and develop a personalized therapy program that may include:

- ◆ **Manual therapy** - to minimize scar tissue, increase soft tissue and/or joint mobility, increase range of motion, and improve lymphatic flow
- ◆ **Therapeutic exercise** - to improve posture, balance, range of motion, strength, and endurance to improve your overall function
- ◆ **Modalities** - heat, ice, electrical stimulation and therapeutic ultrasound can help alleviate residual pain and numbness



FAQs

- ◆ To get started within the program, a physician needs to write an order for an Occupational Therapy evaluation and treat
- ◆ You will undergo an evaluation and then subsequent treatment sessions will be scheduled as needed
- ◆ At your evaluation you may be asked questions about the type of surgical procedure that was performed, any cosmetic procedures completed or planned, history of past or present chemotherapy or radiation, any other significant medical history, and a description of your typical daily activities and goals for therapy.
- ◆ You will likely be set up on a Home Exercise Program to complete exercises at home to maximize functional outcomes

For more information about the Post-Mastectomy program at St. Francis Memorial Hospital contact
Cally Tejkl, OTD, OTR/L, CLT

Monday—Friday between 7:00 am to 4:00 pm at **402-372-2372.**

430 N Monitor West Point, NE 68788
Check us out on the internet at
Fcswp.org