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### **Efficacy of physiotherapy and rehabilitation approaches in the treatment of axillary web syndrome: A narrative review**

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#### **Abstract**

**Statement of the Problem:** Breast cancer is accounted as one of the most common types of cancer amongst women with an estimation of 2.3 million diagnosis worldwide. Surgery is the most preferred approach for this disease. One of the most common and underdiagnosed condition affecting the women with breast cancer is axillary web syndrome. Axillary web syndrome or cording is an early post operative complication that affects the functional activities of daily living of women with breast cancer.

**Purpose of the study:** This study aims to provide an overview of the evidence-based practice physiotherapy approaches available for the management of axillary web syndrome.

**Methodology:** In this narrative review, the published articles on physiotherapy interventions for individuals with axillary web syndrome were examined in PubMed, Scopus, PEDro and Google Scholar. Inclusion criteria of this research were experimental, observational and review studies. The search included women with a previous diagnosis of breast cancer who had underwent surgery as part of their treatment. In this investigation, the studies have revealed various rehabilitation techniques which are considered effective strategies for patients with axillary web syndrome. Manual therapy techniques like myofascial release, Kinesiotaping, lymphatic drainage, mobilization techniques have proven to improve the symptoms in patients. Along with these stretching exercises, resistance training in combination progressive effect the functional activities of daily living. The studies which were reviewed followed sessions with individual as well as combination strategies. **Findings:** The results of this study highlight the wide heterogeneity of rehabilitation measures that might help alleviate axillary web syndrome symptoms.

**Conclusion:** Designing a physiotherapy approach for the management of axillary web syndrome with established exercise prescription is helpful in the management of axillary web syndrome yet the literature for the same is scarce.

#### **Biography**

Puspangi Agarwal is a post graduate student who is keen to participate in conferences to enhance and share her knowledge. She welcomes all the opportunities to learn and apply her learning's in clinical practice. She has built this model to help her peers and clients suffering from axillary web syndrome. This model will create a new pathway to improve the literature related to the topic.

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