

## **Post Mastectomy Arm Restriction Research**

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"I just want to be able to fasten my bra and do my own hair again!"

### **MEASURING DEVICES**

One of the key aspects of this Research Project and subsequent Feasibility Study, was finding a method of comparing the arm and neck mobility before treatment had begun and after the final treatment. I needed a measuring device of some kind to prove a measurable change, to have something to record for the study.

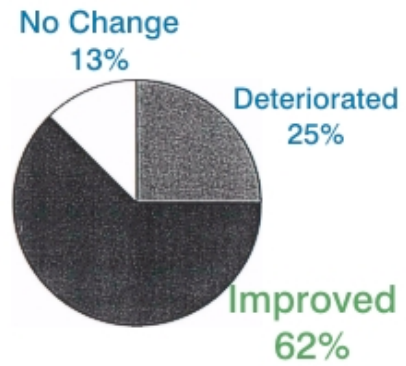
Richard Waller of the Foot and Back Clinic, is a very skilled Podiatrist and Surgeon specializing in foot problems. He also lectures on a Degree Course at Nottingham University. He supplied me with a device called a Gravity Goniometer, a fancy name for an angle measurer. It has a pointer, which is pulled down by gravity and because of the involvement of gravity it can be considered very accurate.

We measured using landmarks on the body. We could say we were measuring the bio-mechanical movement of the shoulder joint. The same person was measured in the same way three times and on three different occasions and allowing for human changes. We found the device to be very accurate.

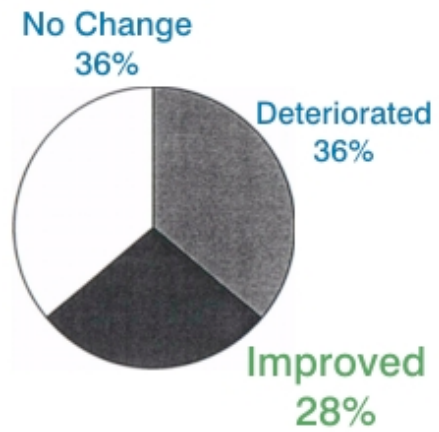
### **RESULTS**

The figures supplied by the Treatment Group at the third and final meeting show 83% of those surveyed felt their arm and shoulder mobility had improved completely with 66% stating their neck rotation had also completely improved. The women report that 66% felt their sleep pattern was completely improved and all the women surveyed no longer experienced any difficulty fastening bras or brushing their hair. Three years on these figures were still accurate.

**Treatment Group Range of Movement Developments**



**Control Group Range of Movement Developments**



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