DOI: 10.7860/JCDR/2026/88273.23048 Abstract No.: 56

Post-Surgical Rehabilitation in Breast Cancer Survivors: A Review of Literature

DEEPANSHA SIKRI[1], SUNITA KUMARI[2]

ABSTRACT

Introduction: Breast cancer is the most common cancer among women worldwide. The have been a lot of recent advancements in surgical treatments for breast cancer. However, post-surgical rehabilitation plays a crucial role for improving the physical functioning and Quality of Life (QoL) of breast cancer survivors.

Aim: The aim of this review is to summarise the existing literature on post-surgical rehabilitation interventions for breast cancer survivors.

Methodology: A systematic search was conducted in databases such as PubMed, Google Scholar and Cochrane Library for studies published in last 10 years, between 2016 and 2025. This review includes systematic review, pilot studies and randomised controlled trails that focuses on rehabilitation interventions and protocols for breast cancer surgeries.

Results: The review identified main areas of rehabilitation including pain reduction, exercise, Physical Activity (PA) and lymphedema treatment. Exercise and PA interventions showed significant improvement in shoulder mobility, pain, fatigue, lymphedema and QoL. Lymphoedema treatment particularly Manual Lymphatic Drainage (MLD) and shoulder and scapular strengthening exercises were effective in reducing limb volume and improving muscular strength.

Conclusion: The review emphasises the importance of individualised rehabilitation programmes for breast cancer patients, tailored based on the type of surgery performed. Strengthening exercise and PA along with MLD are most effective interventions for improving physical activity, pain and lymphedema.

Keywords: Post-surgical rehabilitation, Post-surgery physiotherapy, Breast cancer surgery, Breast cancer survivors, Lymphedema treatment

PARTICULARS OF CONTRIBUTORS:
1. MPT Student, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.
2. Assistant Professor, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:
Deepansha Sikri,
MPT Student, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad-121004, Haryana, India.
Email: deepansha001@gmail.com