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## Range of motion and upper limb function in postoperative mastectomy compared to quadrantectomy

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**B**reast cancer is worldwide incident among women, whose surgery is frequent and associated with numerous functional changes. The objective of this study is to assess the range of motion and upper limb function postoperatively before and after physiotherapy intervention of women who underwent mastectomy and quadrantectomy.

This is interventional study, descriptive and exploratory, quantitative approach, with 64 women undergoing conservative surgery and mastectomy with follow up at the gynecology outpatient clinic and referred for physical therapy at the Hospital das Clinicas, UNESP. Goniometry of flexion / extension, abduction / adduction and internal rotation / side was performed, measures performed before and three months after the therapy.

The chi square test with 0.005 significance level showed that quadrantectomy or mastectomy, not differentiated in relation

to the variables; schooling, family income, color, marital status, religion, breast affected, clinical staging, menarche, body mass index and contraceptive methods. There was no association between type of surgery and the median age (type 1: 55 (37-57) x 2 type: 54 (37-82),  $p = 0.331$  by Mann-Whitney).

After physiotherapy, the flexion of the homo- and contralateral arm, as well as the homolateral abduction and homolateral extension increased significantly in both surgeries. The contralateral abduction was maintained in both surgeries. The physiotherapeutic intervention provided a significant improvement in the range of movements.

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