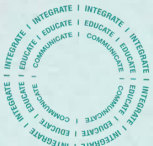




MOVING THROUGH

illness to wellness

WOMEN'S CANCER REHABILITATION



CHATTERBOX

CONNECTING THERAPY AND EDUCATION

INTEGRATE | EDUCATE | COMMUNICATE

MOVING THROUGH ILLNESS TO WELLNESS

Chatterbox, a multi-disciplinary therapy centre is now offering specialist women's oncology Occupational therapy services. Our aim is to walk alongside you in your cancer journey, to shift the focus from illness to wellness and optimise physical, cognitive, emotional, and functional recovery through the cancer journey.



POST-OPERATIVE PHASE

- Range of movement and mobility in your chest, neck, or arm
- Your posture and core stability after surgery
- Scarring or Axillary Web Syndrome
- Sensation changes in your arm or chest
- Identifying the signs of lymphoedema
- Difficulties doing everyday activities and tasks at home or work
- Pain
- Coping with the changes

TREATMENT PHASE

- Fatigue
- Chemo-fog or chemo-induced cognitive impairment
- Coping with treatment-related side-effects
- Range of movement and mobility
- Your posture and core stability after surgery
- Difficulties doing everyday activities and tasks at home or work

RECOVERY & SURVIVORSHIP PHASE

- Re-conditioning your body and building up endurance
- Overall functioning and maintaining your independence
- Managing anxiety or fear around recurrence and stress
- Reclaiming your body confidence and self-esteem
- Regaining your quality of life
- Implications arising later from your treatment

TALK TO US

Lyndal Alexander  Women's Cancer Specialist
lyndal@chatterboxcayman.com  (345) 949 7065



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