

Yoga and Physiotherapy Congress

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Yoga therapy and breast cancer

Yoga is being utilized with positive results in breast cancer patients as an intervention for lymphedema. This treatment has some medical and psychological benefits to offer. The majority of the studies have been undertaken only after extreme challenges facing breast cancer patients have already been identified. Several studies are bordered on the benefits that yoga treatment offers to a breast cancer patient. This article is undertaken to bridge that gap on the effectiveness of the yoga treatment for lymphedema in breast cancer patients. Such effectiveness can be assessed through the evaluation of a number of individuals with breast cancer who have availed the use of yoga for the treatment of lymphedema. This process calls for surveying and interviewing of breast cancer patients whom yoga has helped. Lymphedema is a condition that manifests when the lymphatic system is compromised due to localized fluid and tissue swelling brought about after the disruption triggered by the lymphatic system. Edema, pain, and on several occasions swelling, all characterize signs and symptoms of lymphedema. Over 140 million individuals around the world experience lymphedema following breast cancer intervention. There are many causes that can make one susceptible to acquire lymphedema which are classified into primary and secondary causes. In primary cause, an individual acquires the ailment through genetic since it can be inherited. In secondary cause, one acquires the disease through injury of the lymphatic system.

Biography

James M McKivigan is a retired United States Navy Physical Therapist and Chiropractor who is a Professor at Touro University in Henderson, Nevada. He has served in a variety of clinical settings including acute care, rehabilitation, home health, and outpatient care. He is active in professional associations including American Physical Therapy Association, Nevada Chapter of the American Physical Therapy Association, the American Chiropractic Association, Nevada Chiropractic Association, and past Member of the Florida Chiropractic Association.

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