

Post-Operative Exercise Program at the Memorial Regional Cancer Center

By Lisa Myers RT (R) (M)

A new program has been added to the complementary services line at the Memorial Regional Cancer Center called the Pink Ribbon Program. This program was founded by Doreen Puglisi an exercise physiologist from Fairfield, New Jersey, who developed this Pilates based six week course while working with clients who were breast cancer survivors. Two years later when she developed breast cancer herself, she was surprised when no formal physical therapy was prescribed. She was able to use the program that she herself had developed to regain the range of motion as well as strength in her affected arm.

Upon learning of this program Dr. George Friend and staff at the Memorial Regional Breast Care Center thought this is just what patients needed to regain their strength and mobility after all types of breast surgeries. Ms. Puglisi was invited to South Bend and has trained four staff members to be able to treat patients here at the Center.

The course is offered free to any breast cancer survivor in the Michiana area. It is a six week course that typically should not start until 6 weeks post op and anytime thereafter.



A release from the patient's surgeon is required and a detailed assessment form will need to be completed before the course begins. This will allow for the instructor to understand what type of surgery the patient had and can tailor the exercises to those specific needs.

For questions or to schedule an appointment please call the Cancer Center at 574-647-3431.

Lisa Myers is the Director of the Memorial Regional Breast Care Center in South Bend, Indiana.

Memorial Regional Breast Care Center™

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Saturday morning appointments available for screening mammograms (call for dates).
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Memorial Regional Breast Care Center™

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