

Long term follow-up of the effect on upper extremity function of dragon boat exercise for breast cancer survivors

Tsai-Ling Shih¹

Department of Taipei City Hospital-hepingfuyou Branch Rehabilitation Department, Taiwan

ABSTRACT

Purposes:To evaluate the long term efficacy of dragon boat exercise on upper extremity functions for breast cancer survivors in Taiwanese women.

Method:This is a cohort study. the subjects were recruited to participate in the 101-year pilot study. Subjects entered the experimental group and the usually care group according to the group in which the predecessor research project was located. **Subject inclusion criteria:** Participated in the 101-year pilot study. **Exclusion criteria:** (1) there were breast cancer metastasis or recurrence during the study period. (2) those who continue to receive breast cancer related treatment during the study period, such as surgery, radiation therapy, target treatment, etc. (3) arm injury caused by trauma.

We use Visual Analogue Scale, shoulder function-related test, manual muscle power test and circumference measurement to evaluate the differences on the pain score , shoulder motion , muscle power and lymphedema of the affected limb between two groups before and after exercises.

Result: Thirty-six survivors had completed the tests in this study including 18 cases in experimental group and 18 cases in usually care group. There were no statistic significant differences in shoulder joint pain and mobility between two groups. There were statistic significant differences between patient groups in muscle strength ($P < 0.05$). There were no statistic significant differences in circumference of affected limb in experiment group before and 6year follow-up dragon boat paddling.

Conclusions:Dragon boat exercise training is safe and has long-term benefits for breast cancer patients in Taiwan. The increasing upper limb muscle strength without the risk of lymphedema of affected limb is confirmed in this study.



Keywords :

Taiwan , breast cancer , Dragon boat exercise , muscle strength , lymphedema

Biography

Tsai-Ling Shih, a senior physiotherapist, has worked nearly 30 years in the rehabilitation department of Hospital-hepingfuyou Branch in Taipei City Hospital, Taiwan. In the past decade years, interest and focused in the clinical physical therapy of breast cancer.

[10th World Congress on Physical Medicine and Rehabilitation ,February 12-13, 2020 Auckland, Newzealand](#)

Abstract Citation : [Tsai-Ling Shih,Long term follow-up of the effect on upper extremity function of dragon boat exercise for breast cancer survivors ,REHABILITATION MEDICINE 2020, February 12-13, 2020 Auckland, Newzealand](#)