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keeping them straight. If your range of motion in the...

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Aerobic training is a form of exercise that focuses on the cardio respiratory

system. A patient may use biking, walking, strength training, and basketball. Aerobic training help one to reduce the risk for future cancers, diabetes, high blood pressure, and heart diseases. Conclusion Exercise is an essential part of breast cancer surgery recovery. **Essential Exercises for Breast Cancer Patients (1 Volume Set): Leonard Andrea Amy Halverstadt: Amazon.sg: Books** Hello, Sign in. Account & Lists Account Returns & Orders. Try

A comprehensive guide to recovery for breast cancer survivors through exer-

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Exercise specialists and personal trainers Halverstadt and Leonard first discuss the physical effects of breast cancer surgery and treatment (from general stiffness and "frozen shoulder" to painful scar tissue and lymphedema), then offer stretches, warm-ups, and 90-plus exercises (their "Essential Exercises," repeated ad nauseum) to improve/regain range of motion and increase strength of the affected arm.

Exercise to help improve aerobic (heart-lung) capacity is also important for women who have had breast cancer. There's evi-

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