

<https://doi.org/10.29289/259453942024V34S1046>

Physiotherapist action after surgical treatment of breast cancer via teleconsultation

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Objective: This study aimed to evaluate the effect of teleservice in the immediate postoperative period of breast cancer, considering pain, fatigue, quality of life, mobility of the upper limb, and presence of lymphedema. **Methodology:** This is a prospective longitudinal study with 10 women 15 days after surgery, treated individually for 10 consecutive weeks, “Zoom Platform.” Household resources were used for care, always with the help of a family member. They were evaluated regarding quality of life, pain, fatigue, presence of lymphedema, and range of movement. All were approached in the immediate post-operative period where initial guidance was given regarding skin care and arm movements. As a treatment, we use progressive exercises, including respiratory, metabolic, upper limb mobility, and myofascial mobilization associated with self-drainage based on complex decongestive therapy. Data were statistically analyzed with KS and t-test ($p \leq 0.05$). This study was approved by the Brazil Platform (CAAE: 56561222.9.0000.0084). **Results:** The participants were 65.4 ± 10 years old and 25.08 ± 3.9 kg/m², and 70% underwent quadrantectomy. Perimetry was maintained, and the pain and fatigue of the participants improved, with no edema/lymphedema occurring. In range of movement, there was a statistically significant increase in flexion ($p=0.03$) and abduction ($p=0.03$) movements, allowing a reduction in kinesiophobia; quality of life did not change. **Conclusion:** Teleconsultation made it possible to evaluate the participants’ symptoms and willingness to receive care. The proposed therapies demonstrated great improvements in shoulder range of motion, allowing the maintenance of functionality in daily activities. The early gain in the range of motion also prepared women to face future treatments such as chemotherapy and radiotherapy.

Keywords: breast neoplasms; physical therapy modalities; primary health care; kinesiophobia; breast cancer lymphedema.