



THERAPY & WELLNESS
FOR WOMEN

Clinic Sites

Cranston: 721 Reservoir Avenue
Cranston, RI 02910

P (401) 783-5500
F (401) 942-3960

South County: Crossing At The Towers
3045 Tower Hill Road
Bldg A - Unit 2
Saunderstown, RI 02874

P (401) 783-5500
F (401) 783-5570

Hours & Payment Info

Appointments are available
Monday through Friday.

We offer early morning and evening visits to
accommodate work schedules.

We accept most major insurances
and offer affordable self-pay rates.

www.RITWW.com



3045 Tower Hill Road | Bldg A - Unit 2
Saunderstown, RI 02874



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“Integrative Care...
for Women, by Women.”



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BREAST HEALTH



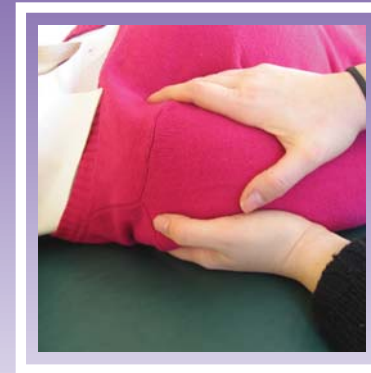
THERAPY & WELLNESS FOR WOMEN

Benefits of the RITWW Breast Health Program?

About Us

Rhode Island Therapy & Wellness for Women (RITWW) combines the benefits of traditional physical therapy with holistic treatments to fully recognize the mind-body-spirit connection within each of us. RITWW works with physicians throughout the state to serve the needs of breast cancer patients through a variety of services that span many disciplines. Every program is tailored for each individual's condition, health history, symptoms, and goals. Whether it is one-on-one therapy in a comfortable private treatment room, or a yoga class filled with other breast cancer survivors, we strive to offer programs that are uplifting, educational, and healing. Female therapists provide breast health services in a supportive, nurturing environment of care.

- Combat Cancer Related Fatigue
- Enhance Lymphatic Circulation
 - Emotional Support
 - Heal After Surgery
- Increase Cardiovascular Capacity
 - Increase Flexibility
 - Manage Pain
 - Patient Education
- Plastic Surgery Referrals
 - Reduce Scar Tissue
 - Reduce Swelling
- Restore Range of Motion In Upper Extremities
 - Retrain Muscles For Cooking, Cleaning, Driving
 - Strengthen Arms & Shoulders



Breast Health Program Services Include:

Aqua Therapy
 Chronic Pain Management
 Complete Decongestive Therapy
 Compression Dressing
 Exercise Prescriptions
 Joint Mobilization
 Lymphedema Care

Manual Lymph Drainage
 Manual Therapy
 Myofascial Release
 Nutrition Counseling
 Occupational Therapy
 Post Lumpectomy & Mastectomy Rehab
 Psychological Services

Scar Mobilization
 Specialized Physical Therapy For Women
 Strength Training
 Tai Chi
 The Lebed Method of Dance Therapy
 Yoga