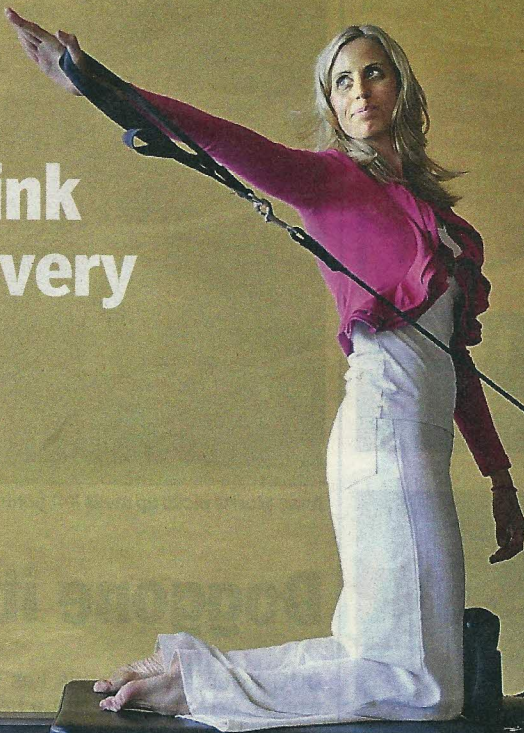


Think Pink for recovery



Debbie Summers teaches pilates to women recovering from breast cancer.

Picture: JASON SAMMON N37MS713

A CAULFIELD woman is helping ease the pain of breast cancer recovery.

Debbie Summers, a physiotherapist with specialised training in cancer rehabilitation, runs Pink Pilates at Body Moves studio in Caulfield North.

Pink Pilates is a 10-session, physiotherapy-based rehabilitation program designed for women following cancer surgery and treatment, with exercises aimed at reducing the risk of treatment-related side effects such as lymphoedema, shoulder problems, scar tissue, fatigue and weight gain.

Ms Summers said Pink Pilates used a combin-

ation of manual therapy, clinical pilates, massage and breathing techniques.

She said she became interested in cancer rehabilitation while working as a specialist oncology physiotherapist at Guy's Hospital in London.

"It's a big shock for women to be dealing with breast cancer and often when I see them their self-esteem and body image is very low," Ms Summers said. "It's good to see them go through the program and get stronger and more confident.

"It's a program I'm very blessed to provide."

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