

*Mission*

# We Improve Lives.


*Vision*  
Reimagining health, education, and discovery  
to create unparalleled value.

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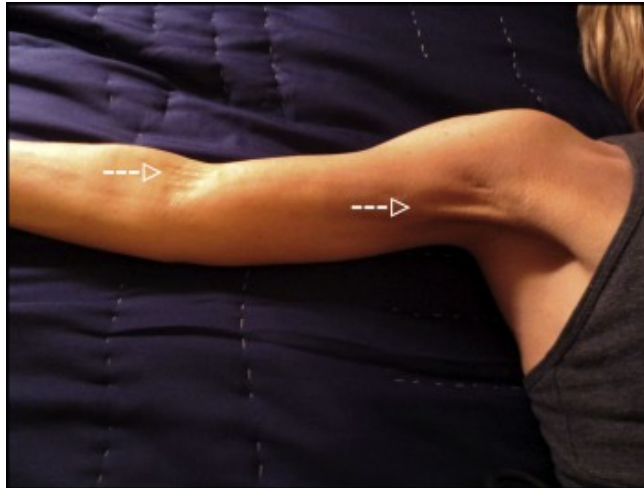
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## Axillary Web Syndrome/Cording

- Pain, loss of movement
- Loss of function of upper extremity (shoulder, elbow, wrist and or hand)
- Usually appears within 8 weeks, but may appear rarely up to 2 years
- Reported to be self limiting but may not be for a few people
- Diagnosis is made clinically not via x-ray MRI or other study
- Visible cords (fibrous bands) found in axilla (armpit), elbow, wrist or chest wall

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## Exercises

- Wall slides: front and side
- Table stretch: front and side
- Corner stretch: hands at shoulder height
- “Walk like an Egyptian” movements
- Flossing or nerve glides (need to be individualized)





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**Important to stay active and recognize signs  
that you need to see a professional**

**Pain, loss of movement, swelling, heaviness,  
in the affected limb, chest wall or armpit**




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Typical treatment for cording

- Stretching
- Tissue massage and stretching (myofascial release)
- Scar massage
- Joint mobilization for any loss of movement
- Active exercises, active/assisted stretches



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