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## **Pilot Study for Use of the Spurgeon Method™ of Breast Massage after Mastectomy**

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## BACKGROUND

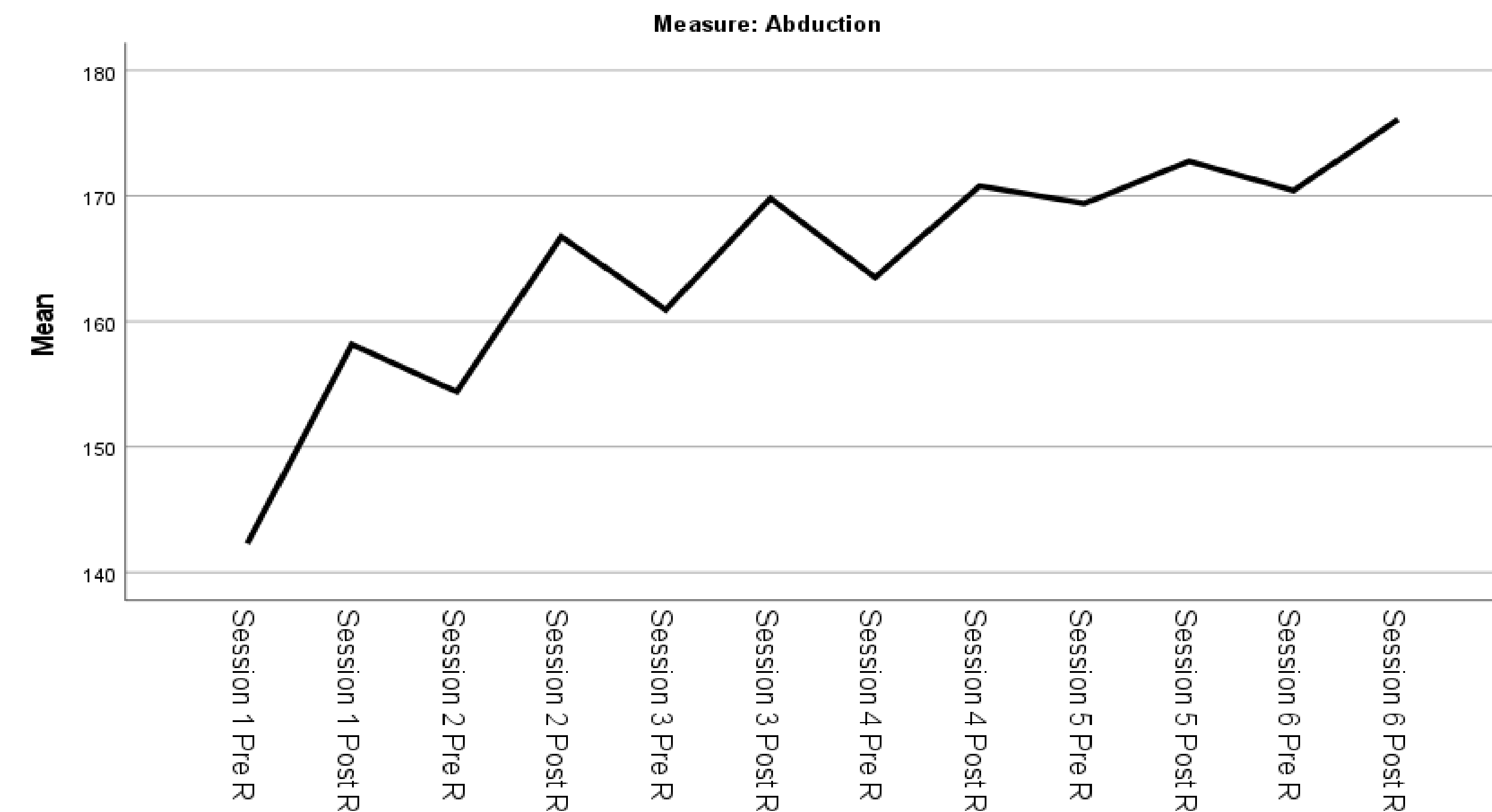
- 287,000 women in the United States are estimated to be diagnosed with invasive breast cancer this year.
- Advances in treatment and early detection have increased the 5-year survival rate in the United States to 90% (NIH/National Cancer Institute, 2022).
- Many breast cancer survivors live with the lingering side effects of cancer treatment, mastectomies, and partial mastectomies including reduced range of motion, loss of functionality to perform activities of daily living, chronic pain, and increased risk of shoulder pathologies and lymphedema (Brunelle et al., 2020).
- Manual therapy researched includes a variety of techniques but there is limited research on an exact protocol including the order of techniques, repetitions for each method, and duration of treatment.
- The Spurgeon Method™ of breast massage was developed by a licensed massage therapist who is a BCTMB, MMP, and CLT.

## PURPOSE

Assess the results over a six-week study of the Spurgeon Method™ of breast massage after breast cancer surgery in improving shoulder range of motion in abduction, flexion, and external rotation and the ability to do activities of daily living using the upper extremity.

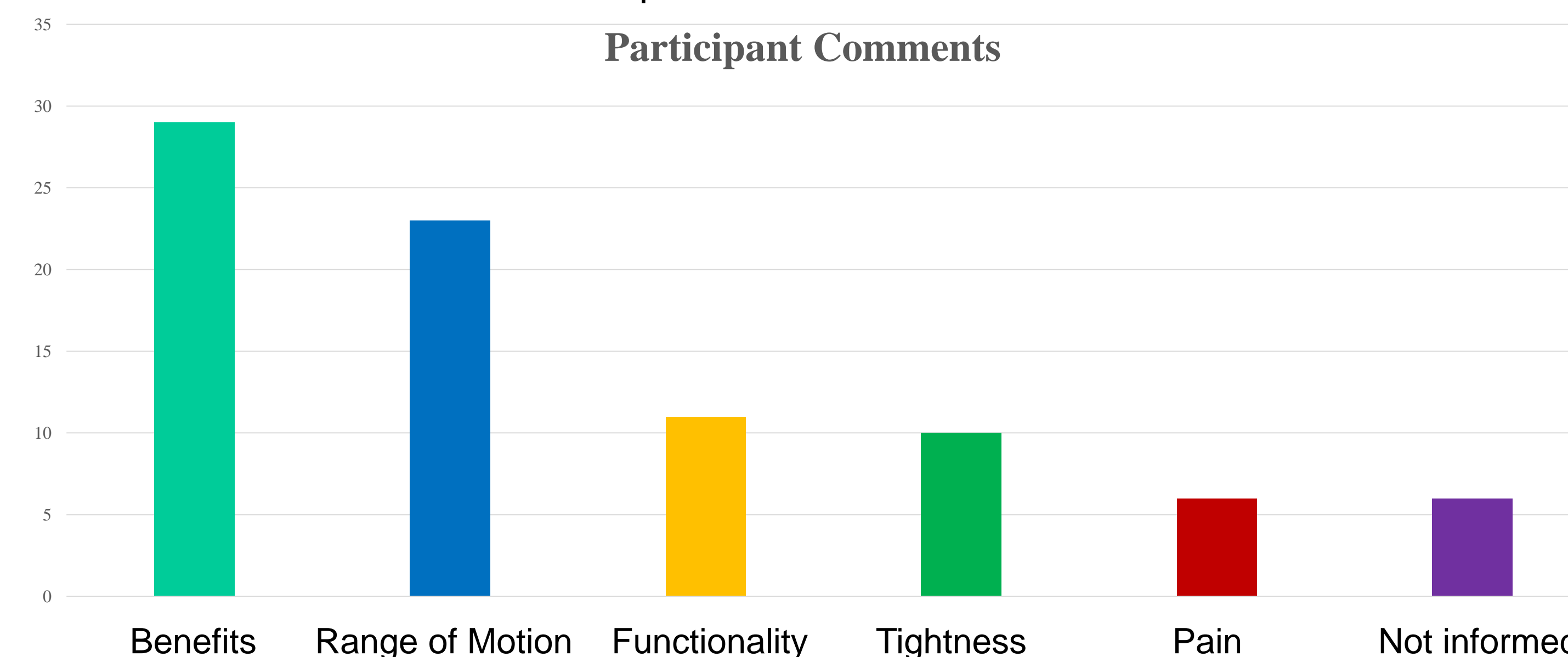
## METHODS

- Participants recruited from oncologists and cancer centers in the southern Nevada area.
- The Spurgeon Method™ of breast massage protocol was used with a group of 30 women post mastectomy once a week for six weeks.
- Inclusion criteria - Participants must be at least 4 weeks post surgery
- Exclusion criteria – Prospective participants currently undergoing chemotherapy or radiation treatments or who had any diagnosed shoulder pathologies with a recommendation of surgery.
- Range of motion measurements of the shoulder were assessed before and after each session for AROM of shoulder abduction, external rotation, and flexion on both the affected and non-affected upper extremities.
- Quick DASH survey administered before the first session and after the last session to document the difference in performance of daily activities and changes in level of pain.



## RESULTS

The mean of each session's pre measurements was compared to the mean of the post measurements and analyzed using a one-sided p test and two-sided p test. The measurements for abduction and flexion were found to be statistically significant for each session using this method. The measurements for external rotation were found to be statistically significant except for session five's measurements which were just above the limits to be termed statistically significant. The Quick DASH survey was used before the first session and after the last session to determine the effect on daily activities using the upper extremities. The mean score improved from 32.57 on the pretest to 13.25 at the posttest with six participants reaching a score of zero. This difference was determined to be statistically significant using a one-sided and two-sided p test.



## CONCLUSIONS

- The results of this study show the improvement in shoulder range of motion measurements at each session to be statistically significant.
- The difference between pre and post Quick DASH scores and pre and post pain scale scores were also statistically significant.
- This study verifies the improvement over the six-week period of the study in range of motion, activities of daily living, and pain when using the Spurgeon Method™ of breast massage after breast cancer surgery.
- Further research needs to be done using a control group in a randomized control trial to provide evidence of the effectiveness of the protocol.
- Future research should be done to compare the Spurgeon Method™ to other researched methods such as stretches, physical therapy, and exercise programs to continue to develop effective treatment plans to address the side effects and pathologies associated with breast cancer treatment.
- A combination of therapies may prove effective such as the Spurgeon Method™ with sliding cupping or the Spurgeon Method™ followed by a stretching program or physical therapy.

## IMPLICATIONS FOR OCCUPATIONAL THERAPY

- OT can integrate protocol with functional activities to achieve goals in improvement of ADLs and IADLs
- Spurgeon Method™ is easy to learn in a 24-hour CEU course and can be completed in 40 minutes
- Integrates well in an oncology rehabilitation or lymphedema therapy environment
- OT is trained in mental health to handle psychosocial elements that a therapist may encounter with breast cancer survivors

## ACKNOWLEDGEMENTS

A special thanks to Blanca Grajeda and Nigel Bruce for assistance in the project at the capstone site. Thank you to Dr. Jennifer Radziak, Professor Rebecca Wolf, Professor Katie Jones, and Dr. Jyothi Gupta for the support in making this project a success. Finally, this project would not be possible without the permission of Sally Spurgeon to use the protocol in a research study.

## REFERENCES

See reference list