ANNEX 1
Manual Therapy, Scar Massage and exercises for the Intervention Group.

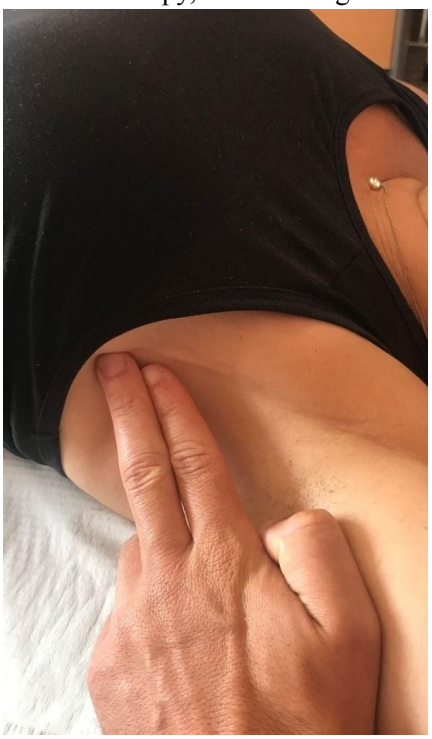

Image 1. Scar massage.

Exercise 1.- The Physiotherapist rests the affected limb diagonal to regular movement only if pain due to stretching is moderate.

Exercise 2.- The Physiotherapist rests the limb in shoulder flex following elbow extension.

Exercise 3.- The Physiotherapist places the limb in abduction position while the patient can tolerate discomfort.

Exercise 4.- In case the cord reaches the elbow, the Physiotherapist holds the elbow extension combined with supination of the limb. The shoulder will be kept in a flexed position as long as pain is moderate to keep the tension of the cord.

Exercise 5.- If the thrombus reaches the first finger, the Physiotherapist will try to reach the ulnar deviation of the wrist together with the flexion of the thumb. The shoulder will be kept in a flexed position and the elbow in an extended supination position.

ANNEX 2

These exercises are explained to the patient to be executed at home.

Exercise 6.- Codman Pendulum exercises.

Exercise 7.- Standing, Affected shoulder flex sliding palm of the hand on the wall, up and down. Keep maximum flex during 15 seconds.

Exercise 8.- Seated, Affected shoulder flex. Seated on a wheeled chair, leaning elbow on a table. Shoulder flex sliding chair, backwards and forwards.
lymphoedema prevention exercises. (please visit our YouTube channel "Unidad Linfedema Algeciras".

ANNEX 3

INFORMATION SHEET FOR THE PARTICIPANT IN A CLINICAL RESEARCH STUDY

Study title: Effects of a manual therapy program to reduce the evolution time of axillary network syndrome in women affected by breast cancer.

Main researcher:_____, belonging to the Algeciras Lymphedema Unit.

Participating center: Lymphedema Unit A.G.S. Campo de Gibraltar Oeste.

INTRODUCTION

The patients are invited to participate in a study that has been approved by the Cádiz Clinical Research Ethics Committee.

Please read this fact sheet carefully. The physiotherapist _____ will clarify any doubts that may arise.

VOLUNTARY PARTICIPATION

The patients´ participation in this study is voluntary and the patient can override their decision and withdraw their consent at any time, without thereby altering their relationship with the doctor or damaging their treatment or the care the patients may need.

GENERAL DESCRIPTION OF THE STUDY

The objective of this study is to reduce the time of evolution of the Postmastectomy Lymphatic Thrombus.

Registration and initial clinical assessment of the patient will be made. The Upper Limb affected by the lymphatic cord will be treated with Assisted Passive Kinesitherapy and Stretching.

This lymphatic thrombus, according to the scientific literature, has a spontaneous resolution in approximately 3 months from its appearance. With this study the investigator intends that it takes less time to disappear. Likewise, the investigator intends to reduce pain, improve shoulder mobility and improve the functionality of the affected arm.

46 patients / subjects will participate in this study.

BENEFITS AND RISKS DERIVED FROM PATIENTS´ PARTICIPATION IN THIS STUDY

Without the existence of any risk, the information obtained will serve to expand scientific knowledge about breast cancer recurrences. The patient will not get any health benefits from participating in this study.

ECONOMIC COMPENSATION

The patient's participation in the study will not incur any cost to her.

CONFIDENTIALITY

The patient's data will be treated with the utmost confidentiality in accordance with the provisions of Organic Law 3/2018, of December 5, on the Protection of Personal Data and guarantees of digital rights and the General Data Protection Regulations. According to what is established in these. Rules, the patient can exercise the rights of access, rectification, opposition, deletion, limitation of release, right to be forgotten and portability, for which the patient should contact the researcher responsible for the study, Mr.

Email:_____. Telephone: _____.

If the results of the study are published, patient´s personal data will not be published and the patient's identity will remain anonymous.

FINANCING
First study does not have any source of funding.

WITHDRAWAL OF CONSENT
The patient can withdraw their consent at any time without having to give explanations
If the patient no longer wishes to participate in the study and the patient does, all patient´s identifiable responses will be destroyed.
The patient should also know that the patient can be excluded from the study if the study the investigators see fit.
The patient has the right to be informed of any retesting of the identifiable material withheld not provided for in this study. In that case, the researcher will have to ask the patient for a new consent that the patient could refuse.
Before signing, read the document carefully, ask all the questions the patient considers appropriate, and if the patient wishes, consult it with all the people the patient considers necessary.
If in doubt, the patient should contact _____.
SIGNATURES
Patient Company: Investigator Company:

Name: Name:
Date: Date:
First document should be signed in duplicate: one copy for the participant and one for the researcher.

Patient Informed Consent Sheet

WRITTEN INFORMED CONSENT
Study title: Effects of a manual therapy program to reduce the evolution time of axillary network syndrome in women affected by breast cancer.
Promoter:
_____
I have read and understand the information sheet provided to me.
I have been able to ask questions about the study.
I have received enough information about the study. I have spoken with:
_____
(name of researcher)
I understand that my participation is voluntary.
I understand that I can withdraw from the study:
1 When the patient wants to.
2º Without having to give explanations.
3rd Without this affecting my medical care.
I freely give my consent to participate in the study.

DATE AND SIGNATURE OF THE PARTICIPANT