

Pink Ribbon Pilates

sara Lee



What is Pink Ribbon Program?

The Pink Ribbon Program is a set of exercises for those who have undergone breast cancer surgery developed by Doreen Puglisi, an American exercise science professor and pilates instructor, following her own experience of breast cancer. It is a therapeutic exercise program with the aim to help regain mobility and improve quality of life. Exercise is an important part of recovery and this course aims to provide a starting point to restore movement in your affected arm and shoulder and help improve day to day function and overall well-being. The course can be accessed as soon as your doctor gives you permission to start exercising following your surgery. Please look at www.pinkribbonprogram.com for further information

What happens in a session?

During the session we will focus on 6 specific movements. Each session commences with a warm up sequence of exercises and a guided breathing exercise. We will also end the session with a guided relaxation. During the first and last session a set of measurements will be taken to establish a baseline range of movement in your arms / shoulders and note any changes in your range of movement at the end of the course.

Where will it take place?

The session will take place at our Sara Lee Therapy Centre in Sidley. The Centre is in the middle of Sidley High Street on the A269 and located at the rear of our charity shop at 54 Ninfield Road. Access is through an adjacent archway. There is limited parking on site but ample free parking is available across the road in the public car park.

How long does a session last, how many will I have, and how often will they take place?

The session will last one hour, taking place once a week. It will be part of a 12 week course. Due to the progressive nature of the course if you are unable to attend all sessions we may have to discuss postponing your attendance and placing you on a subsequent course. We also ask that you commit to practising the exercises at home during the week to enable you to get the most out of the course. You will be issued with a booklet detailing the exercises as shown during the class.

What are the potential benefits?

Following the course, the aim is that individuals feel more confident to participate in many types of mainstream exercise classes and improve the mobility and function through gentle movement and exercise.

Who is it suitable for?

- Anyone who has undergone breast cancer surgery either recently or several years ago.
- An individual wishing to introduce gentle exercise into their lives within a supportive environment.
- An individual who has the desire to return to mainstream exercise.
- All levels of fitness and abilities welcome.
- Individuals must be independently mobile and able to get up and down independently from the floor.
- Individuals must have been given permission from their breast care team to commence gentle exercise using their affected arm.
- Anyone who can commit to a course of 12 sessions.



How will I feel afterwards and what should I do?

You may feel some slight aching, tingling after the session due to stimulating nerves during the exercises. This is completely normal and will usually settle over time. If you experience any unusual swelling or tenderness, you should consult your GP.

Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 100 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have treatment rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from our Therapy Centre in Sidley, Bexhill.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

The Sara Lee Trust
25 Upper Maze Hill
St Leonards on Sea
East Sussex
TN38 0LB

Tel: 01424 456608
Email: info@saraleetrust.org
Website: www.saraleetrust.org

Registered Charity Number 1055048

