



# Evaluation of the Impact of Physical Therapy on Patients with Macromastia Seeking Reduction Mammoplasty

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We have no disclosures.



## Background

- Macromastia can severely affect a woman's quality of life.
- Currently, physical therapy (PT) is required by insurance companies prior to patients undergoing a breast reduction (BR).
- Prior literature reports that only 5% of patients get complete temporary relief from PT whereas 90% of patients obtain complete permanent relief after BR.
- This study aims to identify the impact of PT on macromastia, and patient characteristics associated with progression to BR.

## Results

- A total of 72 patients with macromastia were identified.
- 69 (95.8%) had back pain due to their macromastia.
- 66 (91.7%) had PT and only 7 (10.6%) of these reported symptomatic relief after PT.
- There was no association with the length of PT and relief ( $p=0.105$ ).
- 40 (55.6%) patients progressed to a BR.
- Undergoing PT was not associated with decreasing progression to BR ( $p=0.180$ ).

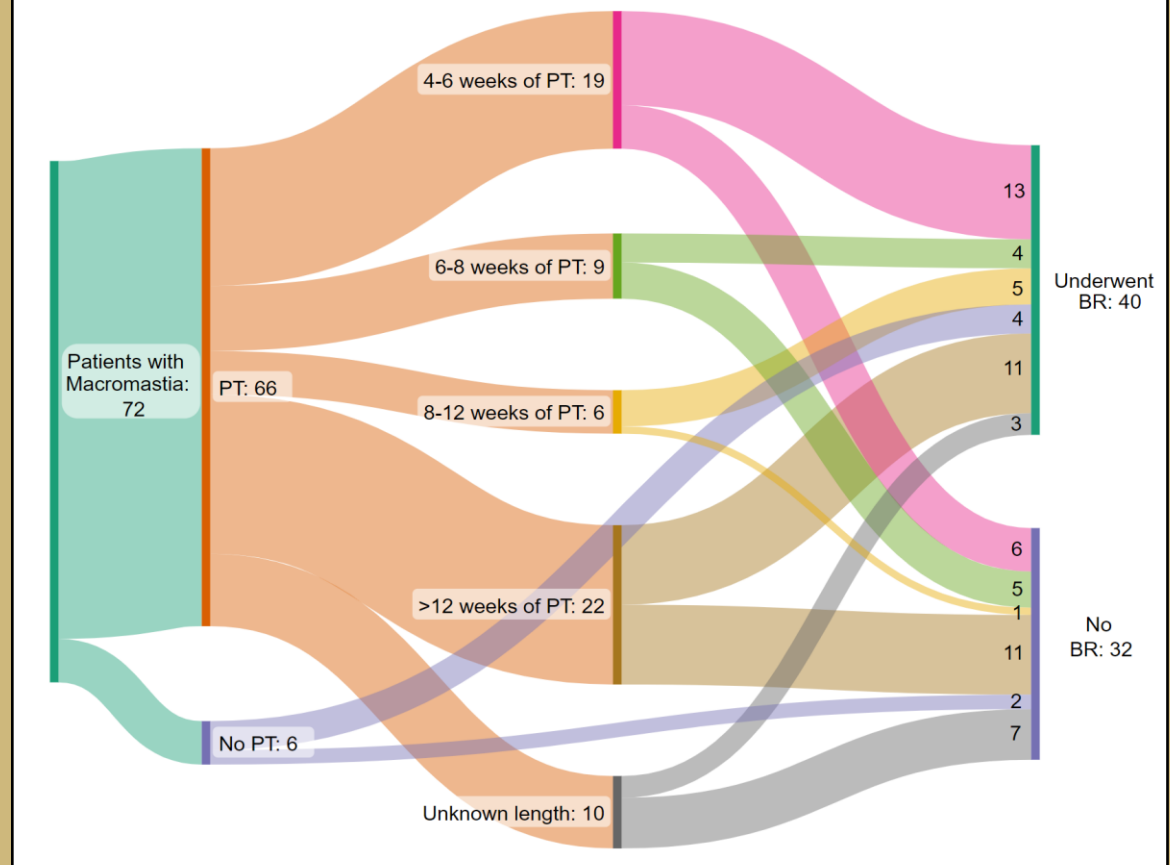
## Methods

- Retrospective cohort study of patients with macromastia seen by a plastic surgeon at the University of Colorado Hospital in 2017.
- Patient variables and treatment characteristic were collected.
- Bivariate analysis, chi-squared, and unpaired t-test, were used.

## Conclusions

- Patients undergo PT prior to BR despite little to no relief.
- PT as a required conservative treatment prior to BR should be researched further and reconsidered by insurance companies.
- Future work continues this study through expanding the sample size of patients and further characterizing influencing factors in their progression from PT to BR.

## Progression of Treatment for Patients with Macromastia



## References

- Collins, E.D., et al., The effectiveness of surgical and nonsurgical interventions in relieving the symptoms of macromastia. *Plast Reconstr Surg*, 2002. 109(5): p. 1556-66.