Bra fitting and exercise after breast cancer

Research has found that ~50% of women following all types of breast cancer surgery experience bra-related issues that are ranked the third highest barrier to exercise. Bra-related issues can limit women from achieving the physical activity level required to maximise their long-term health. Below are some common issues post surgery and ideas for management

Increased skin sensitivity

Often areas exposed to radiotherapy of post-op scar tissue can be quite sensitive. It is important to consider the fit of your bra and the location of any seams or area of pressure. You may also find wearing a cotton singlet under your bra helpful if the skin is still recovering from radiation.

Breast asymmetry

Following surgery or radiotherapy there may be a difference in breast shape and size or even a difference in stiffness and position of the breast on the chest which may cause a bra to move during wear. Using partial prosthesis or inserts may help as well as selecting bras with adjustable straps, additionally body glue can help to keep bras in place.



Musckuloskletal problems

Post surgery people can experience issues with shoulder range of motion and strength as well decreased dexterity from peripheral neuropathy due to some medications. In these scenarios a bra with a front clasp or zip may be better tolerated however it is important to seek help for these issues.

https://www.bra.edu.au/sportsbra is a great resource for helping select the right bra for physical activity.

