INTRODUCTION

- Upper limb morbidity is common in breast and axillary surgery but rarely measured objectively.
- Wearable Activity Monitors (WAMs) capture continuous measurements of body movement in a free-living environment.

AIM

Investigate the use of WAMs to provide objective data regarding functional recovery in patients undergoing breast and axillary surgery.

RESULTS

- Statistical plateau at day 7 (p<0.05).
- Difference between operated and non-operated arm activity reduced from 25% to 17% over test period.
- Post-op activity returned to 83% relative to the pre-operative baseline by day 10.
- Activity levels correlated well with pre-operative (R=0.66, p<0.05) and post-operative quality of life surveys (R=0.62, p=0.06).

CONCLUSIONS

- Gross activity levels.
- Difference in movements between arms.
- Correlations between activity and QoL questionnaires.

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