

## **Ellen Hardie**

*Team lead physiotherapist for the Edinburgh Cancer Centre where she has worked since 2007. She graduated with a BSc (hons) degree in Physiotherapy in 1995 and has worked as a physiotherapist in the UK and USA. She is a lymphoedema specialist, having gained her Post Graduate Diploma in Healthcare (Lymphoedema) in 2011 from the University of Glasgow in and she went on to complete her MSc in Physiotherapy in 2014 through Queen Margaret University. She has an interest in helping people to live well during and after cancer treatment and in 2014 carried out a 1 year project to explore the role of diet and physical activity during and after cancer.*

### **Project Summary:**

Physiotherapists are skilled practitioners with the potential to help manage many of the physical problems that develop after breast cancer treatment but there are no specific training pathways or programmes for physiotherapists wishing to develop expertise in this area.

The Lyda Henderson Travelling Fellowship enabled Ellen to visit 3 specialist hospitals in London and 1 in the USA to explore the role and specialist skills of breast cancer specialist physiotherapists. It also allowed her to attend a course in the Netherlands to learn techniques for assessing and treating connective tissue restrictions commonly seen following breast cancer treatment.

These experiences have been very valuable and will help us to develop and improve our services in the Edinburgh Cancer Centre.