

To Whom It May Concern:

This letter is written in support of Healthy-Steps, Moving you to better health with the Lebed Method, a truly unique program designed for the recovering breast cancer patient. While this program is based on sound principles of traditional physical therapy, it additionally focuses on the patient's psycho-social recovery.

Healthy-Steps, was created in 1979, by Sherry Davis, a professional dancer and choreographer. She developed her program in conjunction with the consultations and clinical support of Joel P. Lebed, DO and Marc R. Lebed, MD, MDR. The program was evaluated and subsequently implemented by the Physical Therapy Department at the Albert Einstein Medical Center, Philadelphia, PA. The positive therapeutic results of the program were published in 1984 in the "National Physical Therapy Journal". Multiple studies have since been published.

Healthy-Steps adopts the therapeutic philosophy of both passive and progressive active movements of the upper and lower extremities. This facilitates improved post-treatment range of motion. Facilitating range of motion increases the ability to prevent and reduce lymphedema. What sets this program apart from more traditional recovery programs is its emphasis on the critical aspects of psycho-social/emotional healing. The diagnosis of breast cancer and the recommended therapy often bring enormous stress to the patient, both physically and emotionally. The recovering patient frequently suffers from a loss of dignity and feminine insecurity. Although, recent therapies are less disfiguring than in the past, the residual scarring, is often associated with embarrassment, fear of isolation and alienation. This stress often progresses from fear to anger resulting in further social withdrawal.

Healthy-Steps welcomes recovering breast cancer patients, and creates for them a positive, constructive environment. This unique "support group" activity encourages the participant to vent, experience and share through the creative expression of dance and movement. This creates a holistic, energizing, clinically proven opportunity for recovery and healing. The program creates a sense of pride and embodies the artistic effects of dance, sensuality and beauty.

In summary, Healthy-Steps is a unique rehabilitative program for the recovering breast cancer patient. This program is an internationally established and rapidly expanding program that has experienced wide spread acceptance and success. I highly commend the Lebed family, and recommend this program without hesitation.

Most sincerely,

John M Macdonald MD, FACS
Department of Dermatology & Cutaneous Surgery
Miller School of Medicine, University of Miami

