



October 27, 2008

**FOR IMMEDIATE RELEASE**

**CONTACTS:** **Matt E. Hartzler**, Vice President Strategic Planning & Physician Services  
Longmont United Hospital, 303.651.5026 (direct) or e-mail [mhartzler@luhcares.org](mailto:mhartzler@luhcares.org)  
**Michele Kolakowski**, Supervisor of Health Center of Integrated Therapies  
Longmont United Hospital, 303.485.3494 or email [mkolakowski@luhcares.org](mailto:mkolakowski@luhcares.org)

---

**Lebed now offered at Longmont United Hospital  
(Lebed is new physical movement program for breast cancer survivors  
and new to the Front Range.)**

(Longmont, CO) First developed in Lynnwood, WA, more than 27 years ago, an internationally renowned therapeutic program of gentle physical movement, The Lebed Method™, is being offered to seniors and people with breast and other cancers, multiple sclerosis, Parkinson's disease, fibromyalgia, or other chronic conditions.

The Lebed Method™ has been available at more than 450 hospitals and centers in the U.S., Canada, and Korea, but fall of 2008 marks the first time the classes have come to the northern Front Range area. Certified Lebed instructors teach the program.

In a randomized, controlled crossover study published in "Cancer Nursing," The Lebed Method™ was assessed in 38 breast cancer survivors. The program was associated with significant improvement in quality of life as measured by the Breast Cancer Quality of Life (FACT-B) assessment tool.

In addition to the rigors of surgery, chemotherapy, and radiation therapy, breast cancer survivors routinely face recovery obstacles that include reduced range of arm motion, frozen shoulder, lymphedema, and depression. The Lebed Method™ was designed by professional dancer and breast cancer survivor Sherry Lebed-Davis and physician/surgeons Marc Lebed, MD and Joel Lebed, MD to address these and other challenges. Other research data supporting The Lebed Method™ has been published in the Journal of the American Physical Therapy Association.

"I feel fortunate to be bringing The Lebed Method™ to Longmont United Hospital," said Erin Maranjian, CLTM, CLT-LANA. "We have had a lymphedema therapy program for over eight years, which is very rewarding, but this is a way we can provide survivors with the opportunity to heal in more than just physical ways. We laugh and have fun while reaping the physical benefits. The emotional benefits mean so much to someone with chronic illness. The focus is on not just surviving, but on thriving with grace."

The program combines generally accepted physical therapy concepts with emotional stimuli that include graceful movement, music, positive peer reinforcement, and empowerment from information and education. The Lebed Method™ is a potent package that addresses mind, body and spirit. Benefits are numerous and include reduction of pain, increased range of motion, increased energy, released frozen shoulder, reduced situational depression, assistance in structural rebalancing, promotion of positive self-image and joy, stimulation of the lymphatic (immune) system, weight stabilization, and re-establishment of a sense of beauty and sexuality.

The patient population benefiting from The Lebed Method™ is not limited to breast cancer survivors. Lymphedema can result from other causes including infection and limb or skin trauma, and the program is recognized by several national and international lymphedema organizations. The Lebed Method™, which may be performed while seated or standing, also can be helpful for seniors and people with other cancers, multiple sclerosis, Parkinson's disease, fibromyalgia, or other chronic conditions.

Classes will begin at Longmont United Hospital in November 2008. Complimentary demonstration classes will be held Thursday, November 6, 2008 and Tuesday, December 16, 2008 from 12:30-1:30 p.m. at Longmont United Hospital's Health Ambitions Gym. Registration is required to participate. To register for these demonstrations, go to [www.luhcares.org](http://www.luhcares.org) - Classes and Events or call 303.485.4184.

# # #

---

---