Rise Integrative Therapy & Pilates

610 Ridge Road, Munster, IN 46321

My name is Karyn Worthing, and I am a Pilates instructor at Rise Integrative Therapy & Pilates in Munster. I am pleased to introduce the Breast Cancer Recovery Program at Rise Integrative—a specialized, Pilates-based rehabilitation program designed to support patients before, during, and after breast cancer treatment and surgery.

This evidence-informed program integrates gentle, mindful movement to address common post-surgical and treatment-related challenges, including restricted shoulder mobility, lymphedema risk, fatigue, and altered body awareness. In addition to promoting physical recovery, the program emphasizes breathwork, postural alignment, balance, and a compassionate reconnection to strength, confidence, and overall well-being.

I have been working with breast cancer survivors since 2010, and am certified via;

- **Nationally Certified Pilates Teacher (NCPT)**
- **The Pilates Method Alliance (PMA)**
- **Pink Ribbon Program Instructor, and**
- **Jill Hinson Method for Breast Cancer Teacher Training Instructor.**

Our founder and lead clinician, **Katie Buyniski, PT, DPT, Polestar™ Comprehensively Trained Pilates for Rehabilitation Practitioner, Certified Athletic Trainer, Certified Strength and Conditioning Specialist** with over 15 years expereince working with post operative, neurological and orthopedic populations incorporating mind body movement practices in rehabilitation.

We welcome the opportunity to discuss how our program can complement the care provided within your practice or facility, supporting survivors in restoring mobility, strength, and a sense of agency throughout recovery. We offer individualized sessions tailored to each patient's specific needs, as well as group series and workshops designed to provide continued support and community engagement. We'd love the opportunity to meet and discuss with you.

Thank you for your time and consideration,

Karyn Worthing

NATIONALLY Certified Pilates Teacher CERTIFIED

PINK RIBBON PROGRAM

The Jill Hinson Method for Breast Cancer

Rise

INTEGRATIVE THERAPY & PILATES

219-595-RISE
info@riseintegrative.com
www.riseintegrative.com