

Solution RIPOSTE*: Giving breast cancer patients a fighting chance with adapted fencing

What is Solution RIPOSTE?

Solution RIPOSTE, created in France in 2014 by doctors from several fields, offers women with breast cancer an adapted practice of fencing. The advantages are multiple:

- correction of posture with the open-shoulder *en garde* position
- improved shoulder mobility by using the overhead parry
- improved self esteem
 - o the fencing outfit and mask fully cover the body, safeguarding the intimacy of women who bear the marks of port-a-cath and radiotherapy.
 - o the elegance of the sport helps to restore a feminine self image which has been severely impaired.
- the fighting spirit that fencing develops can
 - o stimulate the desire to oppose and overcome;
 - o give free vent to the anger often felt at the announcement or during the first stage of the treatments.
- starting or resuming a physical activity improves sleeping and eating habits and helps the immune system.

Coming to a fencing club means resuming social life and meeting other women with a similar experience, under the benevolent supervision of a fencing master.

Ongoing scientific research on the impact of Solution RIPOSTE has borne out these positive results. Beyond improved shoulder mobility, reduced fatigue, and better quality of life, the best testimony of the pleasure and well-being that such an adapted practice can bring is the ever-growing number of breast-cancer patients who sign up for it.

To dispense the programme effectively, all fencing masters and instructors are specifically trained and their skills regularly refreshed, based on the most recent medical recommendations.

Today, almost a hundred fencing clubs in France and other countries propose this activity. Adapted fencing can be a plus for the physical, social and psychological rehabilitation of thousands of women who have to contend with breast cancer every year.

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*RIPOSTE: Reconstruction, Self-Image, Posture, Oncology, Santé (Health), Therapy, Escrime