Early detection and advances in breast cancer treatment have resulted in an increasing number of survivors since 1990 (American Cancer Society, 2009). Emphasis is placed on minimizing long-term side effects of treatment to facilitate survivors’ return to healthy lives. However, myriad chronic upper limb impairments that result from surgery and radiotherapy (e.g., shoulder restriction, pain, lymphedema) may interfere with some women’s ability to resume normal physical function (Carter, 1997; Fu, 2005; Hack, Cohen, Katz, Robson, & Goss, 1999; McNeely et al., 2006; Satariano, Ragheb, Branch, & Swanson, 1990). Chronic impairments such as lymphedema also may contribute to poor psychological health, resulting in low self-esteem and poor body image (Carter; Hull, 2000; Tobin, Lacey, Meyer, & Mortimer, 1993).

Advice concerning arm care and exercise after breast cancer surgery aims to prevent the development of chronic upper limb symptoms. Conflicting advice has been reported about the extent to which women may use their affected arm after surgery (Collins, Nash, Round, & Newman, 2004; Greenslade & House, 2006; Karki, Simonen, Malkia, & Selfe, 2004). The most common differences in advice appear to be between traditional advice, in which women are instructed to minimize the risk of lymphedema by avoiding strenuous arm work, and advice based on current research, which supports normal use of the affected arm (Ahmed, Thomas, Yee, & Schmitz, 2006; Kilbreath, Refshauge, Beith, & Lee, 2006; McKenzie & Kalda, 2003; Ohira, Schmitz, Ahmed, & Yee, 2006). The National Lymphedema Network (2008a, 2008b) updated its position statement about risk-reduction practices and exercise so that women are no longer advised to avoid strenuous activity, such as lifting heavy objects (Ridner, 2002).

Many complex factors affect how women interpret advice given by health professionals about arm care and exercise. Contributing factors include personality, demographic and treatment variables, and internal perceptions of threat and coping (Ajzen, 1991; Becker, 1974; Rogers, 1983). Protection Motivation Theory (Rog-