

Supplementary Tables 1, 2.

| Supplementary Table 1. Intraclass correlations of each area based on the examination levels in test-retest reliability analysis                                   |                   |                                     |                                      |                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-------------------------------------|--------------------------------------|---------------------|
| Location                                                                                                                                                          | Examination level | First evaluation<br>Median (Q1; Q3) | Second evaluation<br>Median (Q1; Q3) | ICC (95% CI)        |
| Axillary scar<br>(n = 69)                                                                                                                                         | Skin              | 1.0 (1.0; 1.0)                      | 1.0 (1.0; 2.0)                       | 0.781 (0.669–0.859) |
|                                                                                                                                                                   | Superficial       | 1.0 (1.0; 2.0)                      | 1.0 (1.0; 2.0)                       | 0.747 (0.621–0.835) |
|                                                                                                                                                                   | Deep              | 1.0 (0.0; 2.0)                      | 1.0 (0.0; 2.0)                       | 0.752 (0.628–0.839) |
| Breast scar<br>(n = 40)                                                                                                                                           | Skin              | 2.0 (1.0; 2.0)                      | 2.0 (1.0; 2.0)                       | 0.780 (0.621–0.877) |
|                                                                                                                                                                   | Superficial       | 2.0 (1.0; 2.0)                      | 2.0 (1.0; 2.0)                       | 0.849 (0.733–0.917) |
|                                                                                                                                                                   | Deep              | 1.5 (1.0; 2.0)                      | 2.0 (1.0; 2.0)                       | 0.882 (0.788–0.936) |
| Mastectomy scar<br>(n = 41)                                                                                                                                       | Skin              | 2.0 (2.0; 3.0)                      | 2.0 (1.0; 2.0)                       | 0.877 (0.781–0.932) |
|                                                                                                                                                                   | Superficial       | 2.0 (1.0; 2.0)                      | 2.0 (1.0; 2.0)                       | 0.894 (0.810–0.942) |
|                                                                                                                                                                   | Deep              | 2.0 (1.0; 2.0)                      | 2.0 (1.0; 2.0)                       | 0.895 (0.812–0.943) |
| Mm pectorales region<br>(n = 81)                                                                                                                                  | Skin              | 0.0 (0.0; 0.0)                      | 0.0 (0.0; 0.0)                       | 0.296 (0.084–0.482) |
|                                                                                                                                                                   | Superficial       | 0.0 (0.0; 0.0)                      | 0.0 (0.0; 1.0)                       | 0.788 (0.689–0.858) |
|                                                                                                                                                                   | Deep              | 0.0 (0.0; 0.0)                      | 0.0 (0.0; 1.0)                       | 0.834 (0.753–0.890) |
| Frontal chest wall<br>(n = 81)                                                                                                                                    | Skin              | 0.0 (0.0; 0.0)                      | 0.0 (0.0; 0.0)                       | 0.733 (0.613–0.820) |
|                                                                                                                                                                   | Superficial       | 0.0 (0.0; 0.0)                      | 0.0 (0.0; 1.0)                       | 0.627 (0.475–0.743) |
|                                                                                                                                                                   | Deep              | 0.0 (0.0; 0.0)                      | 0.0 (0.0; 0.0)                       | 0.652 (0.506–0.761) |
| Lateral chest wall<br>(n = 81)                                                                                                                                    | Skin              | 0.0 (0.0; 0.0)                      | 0.0 (0.0; 0.0)                       | 0.849 (0.775–0.901) |
|                                                                                                                                                                   | Superficial       | 0.0 (0.0; 1.0)                      | 0.0 (0.0; 0.0)                       | 0.706 (0.578–0.801) |
|                                                                                                                                                                   | Deep              | 0.0 (0.0; 0.0)                      | 0.0 (0.0; 0.0)                       | 0.765 (0.657–0.842) |
| Axilla<br>(n = 81)                                                                                                                                                | Skin              | 0.0 (0.0; 0.0)                      | 0.0 (0.0; 0.0)                       | 0.740 (0.623–0.825) |
|                                                                                                                                                                   | Superficial       | 1.0 (0.0; 1.0)                      | 1.0 (0.0; 1.0)                       | 0.869 (0.804–0.914) |
|                                                                                                                                                                   | Deep              | 1.0 (0.0; 1.0)                      | 1.0 (0.0; 1.0)                       | 0.803 (0.710–0.869) |
| Inframammary fold<br>(n = 81)                                                                                                                                     | Skin              | 0.0 (0.0; 1.0)                      | 0.0 (0.0; 1.0)                       | 0.814 (0.725–0.876) |
|                                                                                                                                                                   | Superficial       | 0.0 (0.0; 1.0)                      | 0.0 (0.0; 1.0)                       | 0.860 (0.791–0.908) |
|                                                                                                                                                                   | Deep              | 0.0 (0.0; 1.0)                      | 0.0 (0.0; 1.0)                       | 0.806 (0.714–0.871) |
| Intraclass correlation coefficient was used for analysis. CI: Confidence interval; ICC: Intraclass correlation coefficient; n: Number of patients, p<0.05 for all |                   |                                     |                                      |                     |

| Supplementary Table 2. Intraclass correlations of each area based on the examination levels in interrater reliability analysis                                    |                   |                            |                            |                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|----------------------------|----------------------------|-----------------------|
| Location                                                                                                                                                          | Examination level | Rater 1<br>Median (Q1; Q3) | Rater 2<br>Median (Q1; Q3) | ICC (95% CI)          |
| Axillary scar<br>(n = 28)                                                                                                                                         | Skin              | 1.0 (1.0; 2.0)             | 1.0 (1.0; 2.0)             | 0.760 (0.545–0.881)   |
|                                                                                                                                                                   | Superficial       | 1.0 (1.0; 2.0)             | 1.0 (1.0; 2.0)             | 0.780 (0.578–0.892)   |
|                                                                                                                                                                   | Deep              | 1.0 (0.75; 2.0)            | 1.0 (1.0; 2.0)             | 0.682 (0.419–0.839)   |
| Breast scar<br>(n = 16)                                                                                                                                           | Skin              | 2.0 (1.0; 2.0)             | 2.0 (1.75; 2.0)            | -0.111 (-0.563–0.392) |
|                                                                                                                                                                   | Superficial       | 2.0 (1.0; 2.0)             | 2.0 (1.0; 2.0)             | 0.633 (0.216–0.854)   |
|                                                                                                                                                                   | Deep              | 2.0 (1.0; 2.0)             | 2.0 (1.0; 2.0)             | 0.890 (0.714–0.960)   |
| Mastectomy scar<br>(n = 15)                                                                                                                                       | Skin              | 2.0 (2.0; 2.5)             | 2.0 (1.5; 2.5)             | 0.955 (0.873–0.985)   |
|                                                                                                                                                                   | Superficial       | 2.0 (1.0; 2.0)             | 2.0 (1.0; 2.0)             | 0.900 (0.729–0.965)   |
|                                                                                                                                                                   | Deep              | 2.0 (1.0; 2.0)             | 2.0 (1.0; 2.0)             | 0.927 (0.798–0.975)   |
| Mm pectorales region<br>(n = 32)                                                                                                                                  | Skin              | 0.0 (0.0; 1.0)             | 0.0 (0.0; 1.0)             | 1.000 (1.000–1.000)   |
|                                                                                                                                                                   | Superficial       | 0.0 (0.0; 0.0)             | 0.0 (0.0; 0.0)             | 0.844 (0.702–0.922)   |
|                                                                                                                                                                   | Deep              | 0.0 (0.0; 0.0)             | 0.0 (0.0; 1.0)             | 0.716 (0.488–0.852)   |
| Frontal chest wall<br>(n = 31)                                                                                                                                    | Skin              | 0.0 (0.0; 0.0)             | 0.0 (0.0; 0.0)             | 0.325 (-0.027–0.606)  |
|                                                                                                                                                                   | Superficial       | 0.0 (0.0; 0.0)             | 0.0 (0.0; 0.0)             | 0.277 (-0.080–0.571)  |
|                                                                                                                                                                   | Deep              | 0.0 (0.0; 0.0)             | 0.0 (0.0; 0.0)             | 0.352 (0.003–0.625)   |
| Lateral chest wall<br>(n = 31)                                                                                                                                    | Skin              | 0.0 (0.0; 0.0)             | 0.0 (0.0; 0.0)             | 0.553 (0.253–0.756)   |
|                                                                                                                                                                   | Superficial       | 0.0 (0.0; 1.0)             | 0.0 (0.0; 0.0)             | 0.512 (0.197–0.730)   |
|                                                                                                                                                                   | Deep              | 0.0 (0.0; 1.0)             | 0.0 (0.0; 1.0)             | 0.522 (0.211–0.737)   |
| Axilla<br>(n = 31)                                                                                                                                                | Skin              | 0.0 (0.0; 1.0)             | 0.0 (0.0; 1.0)             | 0.775 (0.583–0.885)   |
|                                                                                                                                                                   | Superficial       | 1.0 (0.0; 1.0)             | 1.0 (0.0; 1.0)             | 0.899 (0.802–0.950)   |
|                                                                                                                                                                   | Deep              | 1.0 (0.0; 1.0)             | 1.0 (0.0; 1.0)             | 0.878 (0.763–0.939)   |
| Inframammary fold<br>(n = 32)                                                                                                                                     | Skin              | 0.0 (0.0; 1.0)             | 0.0 (0.0; 1.0)             | 0.717 (0.495–0.851)   |
|                                                                                                                                                                   | Superficial       | 0.0 (0.0; 1.0)             | 0.0 (0.0; 1.0)             | 0.584 (0.301–0.773)   |
|                                                                                                                                                                   | Deep              | 0.0 (0.0; 0.25)            | 0.0 (0.0; 1.0)             | 0.593 (0.312–0.778)   |
| Intraclass correlation coefficient was used for analysis. CI: Confidence interval; ICC: Intraclass correlation coefficient; n: Number of patients, p<0.05 for all |                   |                            |                            |                       |

Supplementary Figure 1. The MAP-BC Turkish Form

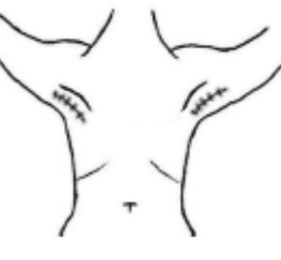
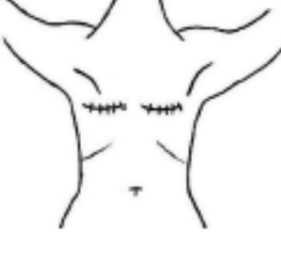
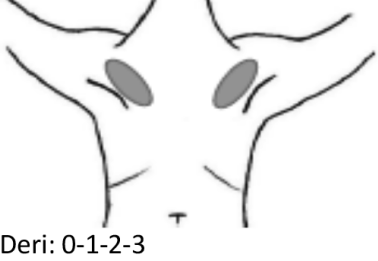
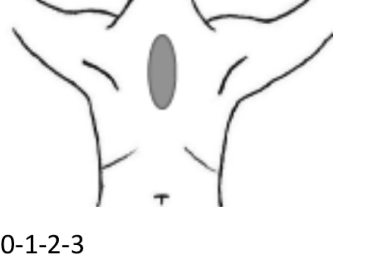
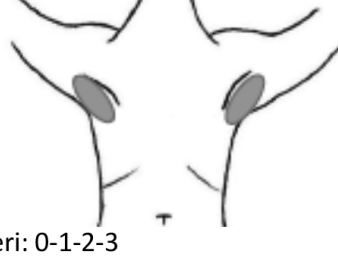
Meme Kanseri Tedavisi Sonrası Hastalarda Miyofasyal Adezyonların Değerlendirme Ölçeği (MAP-BC Değerlendirme Ölçeği)

1. Uygulayıcı için bilgilendirmeler
- Aksi belirtilmedikçe hasta supin pozisyonunda, başı yastık ile desteklenerek ve kolları vücudunun yanında olacak şekilde yatacaktır. Uygulayıcı muayene edilecek tarafta ayakta duracaktır. Her alan miyofasyal yapılardaki adezyon tespiti için 3 seviyede (deri, yüzeysel, derin) palpe edilecektir. Adezyon derecesi her seviyede 0-3 puan arasında skorlanır. İstenirse her bir seviye kendi arasında toplanarak ek bir skor hesaplanabilir. Örneğin; deri seviyesi için toplam puan

| Seviye   | Palpasyon için yönlendirmeler                                                                                                         |
|----------|---------------------------------------------------------------------------------------------------------------------------------------|
| Deri     | Herhangi bir dikey basınç olmaksızın, yüzeysel miyofasyal seviyedeki anatomik yapıların üzerinde deri tüm yönlerde hareket ettirilir. |
| Yüzeysel | Cilt ve yüzeysel seviyedeki subkütan dokular, alttaki derin miyofasyal seviyenin üzerinde her yöne hareket ettirilir.                 |
| Derin    | Tüm dokular alttaki kemik yapıların üzerinde her yöne hareket ettirilir.                                                              |

- Skorlama sistemi

| Skor | Doku hareketinin kısıtlılık derecesi            |
|------|-------------------------------------------------|
| 0    | Doku hareketinde kısıtlılık yok                 |
| 1    | Hızla gevşeyebilen hafif kısıtlılık             |
| 2    | Doku hareketinin başlangıcında ciddi kısıtlılık |
| 3    | Doku hareketi neredeyse mümkün değil            |

| 1. AKSİLLER SKAR<br>(90° abdüksiyon)                                                                                                                                     | 2a. MEME SKARI<br>(Meme koruyucu cerrahi)                                                                                                                                 | 2b. MASTEKTOMİ SKARI<br>(Mastektomi)                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Deri: 0-1-2-3<br/>Yüzeysel: 0-1-2-3<br/>Derin: 0-1-2-3<br/><b>TOPLAM SKOR:</b></p> |  <p>Deri: 0-1-2-3<br/>Yüzeysel: 0-1-2-3<br/>Derin: 0-1-2-3<br/><b>TOPLAM SKOR:</b></p> |  <p>Deri: 0-1-2-3<br/>Yüzeysel: 0-1-2-3<br/>Derin: 0-1-2-3<br/><b>TOPLAM SKOR:</b></p>  |
| 3. PEKTORAL KAS BÖLGESİ<br>(90° abdüksiyon)                                                                                                                              | 4. ÖN GÖĞÜS DUVARI                                                                                                                                                        | 5. LATERAL GÖĞÜS DUVARI                                                                                                                                                     |
|  <p>Deri: 0-1-2-3<br/>Yüzeysel: 0-1-2-3<br/>Derin: 0-1-2-3<br/><b>TOPLAM SKOR:</b></p> |  <p>Deri: 0-1-2-3<br/>Yüzeysel: 0-1-2-3<br/>Derin: 0-1-2-3<br/><b>TOPLAM SKOR:</b></p> |  <p>Deri: 0-1-2-3<br/>Yüzeysel: 0-1-2-3<br/>Derin: 0-1-2-3<br/><b>TOPLAM SKOR:</b></p> |
| 6. AKSİLLA<br>(90° abdüksiyon)                                                                                                                                           | 7. İNFRAMAMARYAN KATLANTI                                                                                                                                                 |                                                                                                                                                                             |
|  <p>Deri: 0-1-2-3<br/>Yüzeysel: 0-1-2-3<br/>Derin: 0-1-2-3<br/><b>TOPLAM SKOR:</b></p> |  <p>Deri: 0-1-2-3<br/>Yüzeysel: 0-1-2-3<br/>Derin: 0-1-2-3<br/><b>TOPLAM SKOR:</b></p> |                                                                                                                                                                             |