Course Description: This evidence-based course will address the complexities of breast cancer rehabilitation, with a focus on incorporating a manual therapy and exercise approach to care. Special topics include the effect of radiation on upper body and trunk biomechanics, Pilates for breast cancer patients, functional outcome measures and special considerations for women with metastatic breast cancer. Breast cancer patient perspectives about the role and impact of rehabilitation will be woven throughout the course content.

Course Objectives:
1. Recognize common functional, physical and psychosocial issues affecting patients during and after breast cancer treatment.
2. Understand the effects of radiation and surgery on the biomechanics of the shoulder complex.
3. Understand the physiology, incidence and risk factors of lymphedema, and be able to implement an evidence-based approach to lymphedema screening and management, including when referral to a lymphedema specialist is appropriate.
4. Evaluate and manage the common physical side effects of breast cancer treatment, including upper extremity dysfunction and cording, using a manual therapy and exercise approach.
5. Understand the role of exercise for breast cancer patients, including therapeutic exercise, cardiovascular exercise and Pilates.
6. Select and interpret outcome measures relevant to breast cancer patients.
7. Understand the role of rehabilitation for women with metastatic breast cancer.
8. Understand the role of other rehabilitation specialties, including counseling, massage therapy and nutrition.
10. Understand how patients with breast cancer can be served in a variety of settings, including outpatient orthopaedic, hospital and other clinic settings.

Who Should Attend: The course will be of interest to physical therapists, occupational therapists and physical and occupational therapist assistants in the breast cancer field at all levels of experience. It will also be of interest to therapists working in outpatient rehabilitation settings who are interested in establishing breast cancer rehabilitation programs or enhancing skills for patients going through breast cancer treatment or with a history of breast cancer. Breakout sessions will meet the learning needs of participants with little or no experience in treating lymphedema, and provide experienced lymphedema therapists an opportunity to delve into complex lymphedema management issues.

Course Format: The unique course format will provide participants with an opportunity to learn through lecture, panel discussions, lab participation, case studies and live patient presentations.

Course Faculty: The course faculty includes physical therapists and a physical therapy assistant who are clinical specialists and researchers in the breast cancer rehabilitation field, three of whom are breast cancer survivors.

GUEST FACULTY:
Pamela Levangie, PT, DSc, FAPTA
Chair, Department of Physical Therapy, MGH Institute of Health Profession, Boston, MA

LEAD FACULTY: From TurningPoint Breast Cancer Rehabilitation, Atlanta, GA
Jill Binkley, PT, MSc, CLT, FAAOMPT
Physical Therapist and Executive Director
Anita Boyce, PTA
Physical Therapist Assistant
Cathy Furbish, PT, DPT, CLT
Physical Therapist
Leslie Myszka, PT
Physical Therapist
Lauren Bober, PT, Certified Pilates Instructor
Physical Therapist

When: Friday, November 7th and Saturday, November 8th, 2014
Where: Mercer University, Atlanta, GA
Course Fee: $400 before Oct 15th, 2014
$425 after Oct 15th, 2014
Includes light lunch both days, continental breakfast on Saturday

A limited number of scholarships have been made available to support therapists particularly in underserved communities in Georgia where the course fee is a barrier to participation. This support has been made possible through the generosity of It’s the Journey – Atlanta 2-Day Walk for Breast Cancer. For information and application, please contact kburpo@myturningpoint.org.

Continuing Education Credit: 1.5 CEUs (15.5 contact hours) have been approved by the Physical Therapy Association of Georgia and the Georgia Occupational Therapy Association.
**Course Agenda:**

**FRIDAY, NOVEMBER 7, 2014**

7:30-8:00  Breakfast and Registration

8:00-9:00  Overview of the Physical and Emotional Side Effects of Breast Cancer Treatment  
*Jill Binkley*

9:00-10:30  Effect of Radiation on the Biomechanics of the Upper Quadrant in Breast Cancer Patients  
*Pamela Levangie*

10:30-10:45  Break

10:45-Noon  Evaluation of the Shoulder: Special Considerations for Patients with Breast Cancer  
*Jill Binkley, Pamela Levangie*

Noon-12:45  Lunch

12:45-2:15  Lymphedema: Physiology, Risk Factors and Early Detection  
*Cathy Furbish*

*Lauren Bober, Jill Binkley*

2:45-3:00  Break

3:00-5:00  Manual Therapy and Therapeutic Exercise for Upper Quadrant Issues in Breast Cancer Survivors: Lab  
*Lauren Bober, Jill Binkley*

**SATURDAY, NOVEMBER 8, 2014**

8:00-9:00  Pilates for Breast Cancer Patients – Demonstration and Participation  
*Lauren Bober, Anita Boyce*

9:00-9:30  Continental Breakfast and Discussion of Pilates for Breast Cancer Patients

9:30-10:30  Evidence-Based Approach to Lymphedema Evaluation and Management: Overview  
*Cathy Furbish*

10:30-10:45  Break

10:45-12:30  Breakout Sessions: Introduction to Lymphedema Evaluation and Management  
**OR**  
Advanced Principles of Lymphedema Care (for certified lymphedema therapists)  
*Cathy Furbish, Jill Binkley*
Course Agenda Continued:

12:30-1:15  Lunch

1:15-2:15  Exercise for Breast Cancer Patients: Evidence and Special Considerations  
Lauren Bober

2:15-2:45  Functional Outcome Measures in Breast Cancer Rehabilitation  
Jill Binkley

2:45-3:15  Special Considerations for Women with Metastatic Breast Cancer: Case Study and Panel

3:15-3:30  Break

3:30-4:15  Integration of Physical Therapy, Massage Therapy, Nutrition and Psychosocial Support into Rehabilitation Model of Care  
Faculty Panel

4:15-5:00  Patient Perspectives on Rehabilitation During and After Breast Cancer Treatment  
Pamela Levangie, Jill Binkley, Leslie Myszka

Course Evaluation