Course Description:
This evidence-based course will address the complexities of breast cancer rehabilitation with a focus on understanding the medical management of breast cancer and the role of exercise in addressing treatment side effects. A hands-on lab component will be integrated to reinforce an understanding of how exercise can be prescribed as medicine for the breast cancer patient.

Who Should Attend:
The course is of interest to physical therapists, occupational therapists, and physical and occupational therapist assistants in the breast cancer field with all levels of experience. It is also of interest to therapists who are working in an out-patient rehabilitation setting who are interested in enhancing their understanding and skills in order to better care for patients during and after breast cancer treatment.

Course Format:
The unique course format provides participants with an opportunity to learn through lecture, interactive discussions, and lab participation.

Course Objectives:
1) Understand surgical interventions for breast cancer treatment and implications for exercise.
2) Understand non-surgical interventions for breast cancer treatment and implications for exercise.
3) Understand the side effects of breast cancer treatments as they relate to exercise intervention.
   a. Shoulder Dysfunction
   b. Upper Quadrant and Trunk Dysfunction
   c. Fatigue
   d. Deconditioning and Body Composition
   e. Osteopenia/Osteoporosis
   f. Chemotherapy Induced Peripheral Neuropathy (CIPN) and Balance Issues
   g. Lymphedema
   h. Arthralgia
4) Understand the FITT principle and its application in exercise prescription for patients during and after breast cancer treatment.
5) Understand exercise considerations in the metastatic breast cancer patient.
Course Faculty:

**Guest Speaker:**
Kristin Campbell, PT, MSc, PhD  
Associate Professor Department of Physical Therapy at University of British Columbia in Vancouver,  
Associate Member of the School of Population and Public Health and Director of the Clinical Exercise Physiology Laboratory at University of British Columbia in Vancouver.

**Lead Faculty from TurningPoint Breast Cancer Rehabilitation:**
Jill Binkley, PT, MSc, CLT, FAAOMPT  
Physical Therapist Consultant and Founder

Lauren Bober, PT, MPT, CES  
Physical Therapist, Clinical Manager, and Certified Pilates Instructor

Carrie Kozel, PT, DPT, CES  
Physical Therapist

**Course Fee:** $450 (includes continental breakfast and light lunch Friday and Saturday)

**Continuing Education Credit:** 15.0 CCH (contact hours) have been applied for through the Physical Therapy Association of Georgia and Georgia Occupational Therapy Association

MORE INFORMATION AND REGISTRATION HERE

Course Outline:

**Friday, October 25, 2019**

7:30-8:00am  
Registration and Continental Breakfast

8:00-8:15am  
Welcome, Course Objectives and Introduction

8:15-9:30am  
Exercise for Cancer Survivors: American College of Sports Medicine Roundtable and Research Update: **Kristin Campbell, PT, MSc, PhD**  
- Exercise for Cancer Prevention and Control  
- Exercise Recommendations to manage cancer-related health outcomes

9:30-9:45am  
Break

9:45-11:00am  
Prospective Surveillance and Models of Care for Exercise Programming: **Kristin Campbell, PT, MSc, PhD**

11:00-12:30pm  
Surgical Interventions for Breast Cancer: Implications for Exercise: **Lauren Bober, PT, MPT, CES**  
- Surgical Description  
- Muscle and Tissue Involvement  
- Specific Surgical Issues  
- Tissue Precautions Related to Exercise

12:30-1:00pm  
Lunch
1:00-2:00pm  Surgical Interventions for Breast Cancer: Implications for Exercise, continued

2:00-3:00pm  Non-Surgical Interventions for Breast Cancer: Implications for Exercise: Lauren Bober, PT, MPT, CES
- Chemotherapy
- Radiation
- Tamoxifen
- Aromatase Inhibitors

3:00-3:15pm  Break

3:15-5:30pm  Using the FITT Principle for Exercise Prescription: Kristin Campbell, PT, MSc, PhD
- Application of the FITT principle for prescribing exercise for individuals with cancer?
- FITT prescription, modification and adjustments during chemotherapy and radiation
- Deconditioning and body composition considerations

Saturday, October 26, 2019

7:45-8:00am  Sign-In and Continental Breakfast

8:00-9:30am  Customizing the FITT Principle Based on Common Treatment Side Effects
- Fatigue: Kristin Campbell
- CIPN and Balance Issues: Kristin Campbell
- Arthralgia: Kristin Campbell
- Osteopenia/Osteoporosis: Carrie Kozel

9:30-9:45am  Break

9:45-11:45  Customizing the FITT Principle Based on Common Treatment Side Effects
- Lymphedema: Jill Binkley
- Shoulder Dysfunction: Carrie Kozel
- Upper Quadrant/Trunk Dysfunction: Carrie Kozel

11:45-12:15pm  Lunch

12:15-2:00pm  Laboratory: Exercise Interventions in The Management of Breast Cancer Patients: Lauren Bober, PT, MPT, CES and Carrie Kozel, PT, DPT, CES
- Home Exercise Programs
- Pilates-Based Exercise for Breast Cancer Patients

2:00-2:15pm  Break

2:15-3:45pm  Laboratory: Exercise Interventions in The Management of Breast Cancer Patients, continued

3:45-4:30pm  Special Exercise Considerations for Patients with Metastatic Breast Cancer: Jill Binkley, PT, MSc, CLT, FAAOMPT

4:30-5:30pm  Putting It All Together: Interactive Discussion with TurningPoint Clinicians, Wrap Up and Course Evaluation