



## Special Topics in Breast Cancer Rehabilitation: From Cell to Survivorship Course Outline and Agenda

Time (ET)	Topic	Speaker
8:00-9:00 AM	<p><b>Inflammation and Breast Cancer: The Missing Puzzle Piece</b>  <i>Inflammation and Cancer - the convergence of inflammatory markers, chronic disease, cancer, and lifestyle behaviors. The evidence for how inflammation contributes to the risks for cancer, adverse effects from cancer, and recurrence of cancer will be addressed. How inflammatory markers could provide the justification and outcome measures for rehabilitation and lifestyle behaviors will be explored.</i></p>	Deborah Doherty, PT, Ph.D.
9:00-10:00 AM	<p><b>Exercise and the Immune System: Considerations for Patients with Cancer</b>  <i>Impact of chronic and acute exercise on the immune system and the role of exercise in cancer prevention and survivorship via immune regulation.</i></p>	Emily C. LaVoy, Ph.D.
10:00-10:15 AM	<b>BREAK</b>	
10:15-11:15 AM	<p><b>Axillary Cording: Advanced Understanding and Treatment</b>  <i>The most current research regarding incidence and etiology of axillary web syndrome will be reviewed. Advanced manual therapy and exercise techniques will be shown. In addition, current evidence will be discussed regarding the use of modalities in the treatment of axillary web syndrome.</i></p>	Carrie Kozel, PT, DPT, CES, CLT Hannah Afify, PT, DPT, CES, CLT
11:15-12:15 PM	<p><b>Breast Cancer Treatment's Impact on the Shoulder Complex: Moving Beyond the Glenohumeral Joint</b>  <i>Incidence and etiology of abnormal shoulder complex kinematics related to breast cancer treatment will be discussed. Manual therapy and exercise approaches to treatment will be described.</i></p>	Carrie Kozel, PT, DPT, CES, CLT Hannah Afify, PT, DPT, CES, CLT
12:15-1:00 PM	<b>LUNCH</b>	
1:00-2:00 PM	<p><b>Breast Cancer Reconstruction and Rehabilitation Implications: From Post-op Assessment to Long Term Management</b>  <i>Reconstruction-specific rehabilitation implications for the examination, intervention, and manual therapy selection spanning from the post-operative phase to long-term management.</i></p>	Mallory Mark, PT, DPT, CES, CLT Janae Finley, PT, DPT, CES, CLT

2:00-3:00 PM	<p><b>Pelvic Floor and Breast Cancer: Rehab from the Floor Up</b>  <i>An evidence-based overview of how breast cancer treatments and interventions may impact the pelvic floor. Chemotherapy, hormone therapy, surgery and radiation may have wide-ranging implications for urogenital, colorectal, sexual and musculoskeletal dysfunction. Pelvic floor dysfunction in the breast cancer population may be successfully managed with appropriate identification, screening, and referral practices by the clinician.</i></p>	Jessica Waterman, PT, DPT, CES, CLT Kathryn Olive, PT, DPT, WCS, CLT
3:00-3:30 PM	<p><b>Pilates Exercise Class – Participate or Observe!</b></p>	Carrie Kozel, PT, DPT, CES, CLT
3:30-4:30 PM	<p><b>A Busy Clinician’s Guide to Selection, Implementation and Interpretation: The Bottom Line for Clinicians</b>  <i>Keeping up with current literature on outcome measures can be daunting. This session will include straightforward criteria for the selection of measures of impairment, function, and quality of life in individuals with breast cancer. Clinicians will be provided with tools, tips, and actual measures to demystify the process of documenting outcomes and make it work for you and your patients – starting on Monday!</i></p>	Mackenzi Pergolotti, OT, Ph.D. Jill Binkley, PT, MSc, CLT, FAAOMPT
4:30-5:30 PM	<p><b>Disparities in Breast Cancer Survivorship: How Do We Get to Equity?</b>  <i>Disparities in breast cancer survivorship have been discussed around research and kitchen tables. Although we have seen some progress, we are still grappling with how we define diversity and which disparities need to be addressed first for the fastest and greatest gains. This session will focus on knowledge translations and the best practices in implementation for individuals and organizations. We will strategize on what you can do tomorrow within your sphere of influence to work toward a common goal of eliminating breast cancer health disparities.</i></p>	Lisa VanHoose, PT, Ph.D.

**EVALUATION**

