



## **A Balanced Approach: Rehabilitation Management of Adverse Neurological Effects for Individuals Impacted by Cancer**

### **TurningPoint Breast Cancer Rehabilitation's 12<sup>th</sup> Annual Fall Healthcare Provider Course**

Coming Spring 2023 | Held at Mercer University

**Keynote Speaker Stephen Wechsler, PT, DPT, Ph.D.**  
with  
**TurningPoint Oncology Rehabilitation Clinicians**

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**Course Description:** This evidence-based course explores the adverse neurological impact of cancer and the treatment for this patient population. The rehabilitation management of fall risk, chemotherapy induced peripheral neuropathy (CIPN), and other balance impairments will be addressed. Beginning with an overview of contributing causal pathways, this course will equip clinicians with the most up to date evidence and tools related to the assessment and management of chemotherapy-related balance impairments. Special attention will be given to appropriate outcome measure selection throughout the continuum of care, subjective interview considerations and goal setting.

**Who Should Attend:** The course is of interest to all oncology rehabilitation professionals including massage therapists, physical therapists, occupational therapists, and physical and occupational therapist assistants with all levels of experience, however, the content is most appropriate for intermediate and advanced clinicians. 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 to better care for patients during and after chemotherapy treatment.

**Course Format:** The unique course format provides participants with an opportunity to learn through lecture, interactive discussions with speakers and patients, and lab participation that will be woven throughout.

**Course Attendance:** Attendance at the course will be monitored and confirmed by the course organizers. Completion of a pre- and post-course test will be required at the course.



## **Course Objectives:**

- 1) Understand the incidence, prevalence, and risk factors for adverse neurological issues with an emphasis on chemotherapy-related balance impairments and commonly implicated chemotherapy agents.
- 2) Understand the contributing causal pathways for balance impairments including CIPN, vision, vestibular system, cognition, fatigue, and disease process and progression.
- 3) Understand appropriate subjective patient interview considerations related to CIPN symptoms and patient function.
- 4) Understand appropriate outcome selection, both for static and dynamic balance, with special consideration to the timeline of chemotherapy treatment.
- 5) Understand proper goal setting principles related to CIPN and balance issues in order to accurately reflect change.
- 6) Understand best evidence approaches for overall management of CIPN, balance issues and fatigue.

## **Course Faculty:**

### **Guest Speaker:**

#### **Stephen Wechsler, PT, DPT, Ph.D.**

Board Certified Clinical Specialist in Neurologic Physical Therapy  
Postdoctoral Research Fellow, Cancer Rehabilitation (CaRe) Lab  
MGH Institute of Health Professions, Boston, MA

## **TurningPoint Breast Cancer Rehabilitation Speakers:**

#### **Mallory Mark, PT, DPT**

Clinical Director  
Board Certified Clinical Specialist in Oncologic Physical Therapy  
Certified Edema Specialist/Certified Lymphedema Therapist

#### **Carrie Kozel, PT, DPT**

Senior Physical Therapist  
Certified Edema Specialist/Certified Lymphedema Therapist

#### **Jill Binkley, PT, MSc**

Founder and Program Director of TurningPoint Breast Cancer Rehabilitation  
Fellow of the American Academy of Orthopedic Manual Physical Therapy  
Certified Lymphedema Therapist



**Hannah Afify, PT, DPT**

Physical Therapist  
 Certified Edema Specialist/Certified Lymphedema Therapist  
 Certified Myofascial Trigger Point Therapist Dry Needling

**Kathryn Olive, PT, DPT**

Physical Therapist  
 Board-Certified Clinical Specialist in Women's Health Physical Therapy  
 Certified Lymphedema Therapist  
 Certified Myofascial Trigger Point Therapist Dry Needling

**Janae Finley, PT, DPT**

Physical Therapist  
 Certified Edema Specialist/Certified Lymphedema Therapist

**Jessica Waterman, PT, DPT**

Physical Therapist  
 Certified Edema Specialist/Certified Lymphedema Therapist

**Meera Solomon, LMT**

Oncology Massage Therapist  
 Certified Edema Specialist/Certified Lymphedema Therapist

**Course Fee:** \$325 Includes light lunch Friday, break snacks, and access to all course handouts and associated readings.

**Continuing Education Credit:** Approved for 11.75 Continuing Competency Hours by the Physical Therapy Association of Georgia and 11.75 credit hours applied for with the Georgia Occupational Therapy Association

**Register Here:** [myturningpoint.org/turning-point-events](http://myturningpoint.org/turning-point-events)

**Course Outline:**

Day One - Friday		
Time (ET)		Speaker/Facilitator
7:30-8:00 am	Registration and Continental Breakfast	
8:00-8:15 am	Welcome and Course Objectives/Introduction	
8:15-9:45 am	Introduction to Adverse Neurological Issues in Individuals with Cancer: Effects of Chemotherapy on Balance, Gait and Falls	Stephen Wechsler, PT, DPT, PhD
9:45-10:00 am	BREAK	
10:00-11:00 am	Understanding the Relationship Between Fatigue and Balance	Stephen Wechsler, PT, DPT, PhD
11:00-11:30 am	Patient Perspectives <i>Patients will share their experience related to CIPN, balance and gait issues during and after cancer treatment.</i>	



11:30-12:00 pm	Assessment of CIPN, Fatigue and Balance I. Subjective Interview Considerations	Stephen Wechsler, PT, DPT, PhD
12:00-12:30 pm	LUNCH	
12:30-3:00 pm	Assessment of CIPN, Fatigue and Balance II. Physical Assessment III. Physical Performance and Functional Outcome Assessment IV. Goal Setting Related to CIPN and Balance Issues	Carrie Kozel, PT, DPT, CLT, CES Mallory Mark, PT, DPT, CLT, CES Jill Binkley, PT, MSc, CLT Stephen Wechsler, PT, DPT, PhD
3:00-3:15 pm	BREAK	
3:15-5:00 pm	Management: Management of CIPN, Balance Issues and Fatigue I. Literature Update II. Overall Management Approaches	Hannah Afify, PT, DPT, CLT, CES Kathryn Olive, PT, DPT, CLT
<b>Day Two - Saturday</b>		
7:30-8:00 am	Continental Breakfast	
8:00-9:15 am	Management continued III. Sensory Integration IV. Massage Therapy and the Impact on the Nervous System	Stephen Wechsler, PT, DPT, PhD Meera Solomon, CMT, CLT, CES
9:15-10:00 am	Special Topics I: Considerations for Stage IV Cancer	Carrie Kozel, PT, DPT, CLT, CES
10:00-10:15 am	BREAK	
10:15-11:00 am	Special Topics II: Specific Considerations Related to Neurological Adverse Side Effects, Fatigue, and Balance in Individuals During and After Breast Cancer Treatment	Janae Finley, PT, DPT, CLT, CES Jessica Waterman, PT, DPT, CLT, CES
11:00-12:00 pm	Special Topics III: Moving Forward- Research Gaps	Steven Wechsler, PT, DPT, PhD
<b>Evaluation</b>		

## Speaker Biographies

### Keynote Speaker



**Stephen Wechsler, PT, DPT, PhD** After earning his Doctorate of Physical Therapy, Dr. Wechsler achieved board-certification as a Clinical Specialist in Neurologic Physical Therapy and eventually found his niche in neuro-oncologic rehabilitation at Memorial Sloan Kettering Cancer Center in New York City. Having developed a profound appreciation for an interprofessional approach to clinical care and hoping to broaden his impact through research and teaching, Dr. Wechsler sought and successfully earned his PhD in Rehabilitation Sciences at MGH IHP. Dr. Wechsler has presented nationally on the topic of oncologic rehabilitation, and proudly served as the Secretary of the Academy of Oncologic Physical Therapy of the American Physical Therapy Association for two terms. Dr. Wechsler's research interests lie at the crossroads of oncologic and neurologic rehabilitation. As a member of the CaRe Lab, his goal is to optimize rehab approaches for individuals living with and beyond cancer through the advancement of knowledge and clinical practice related to physical function and quality of life.



## TurningPoint Speakers



**Mallory Mark, DPT, PT, CLT, CES** is Clinical Director at TurningPoint Breast Cancer Rehabilitation. Mallory received her B.S. in Health Science from the University of Dayton in 2014 and is a 2016 graduate of Chatham University's Doctor of Physical Therapy program. Following graduation, Mallory worked in an inpatient rehabilitation setting with both the neurologic and oncology population. She moved to Atlanta in 2019 and joined the TurningPoint Breast Cancer Rehabilitation team, where she now specializes in providing evidence-based care to individuals impacted by breast cancer. During her time at TurningPoint, Mallory has educated students and other healthcare providers, at the state and national level. Additionally, Mallory has co-authored a paper titled "Meeting the Rehabilitation and Support Needs of Breast Cancer Patients During Covid-19: Opening New Frontiers in Models of Care Delivery" published in the journal of *Rehabilitation Oncology* in October 2020. Mallory is a Board-Certified Clinical Specialist in Oncologic Physical Therapy, Certified Edema Specialist and Lymphedema Therapist, and an APTA Certified Clinical Instructor and member of the APTA Oncology Academy.



**Carrie Kozel, PT, DPT, CLT, CES** is a Senior Physical Therapist at TurningPoint Breast Cancer Rehabilitation, a non-profit 501(c)3 healthcare organization. She holds a Bachelor of Science in Exercise and Sports Science from The University of Georgia and a Doctorate of Physical Therapy from The University of North Georgia. Prior to joining TurningPoint, she was involved in research in women's health and worked in numerous pediatric settings. She presents both locally and nationally and is published in the field of physical therapy. She also has been published for her work in the cancer research field. Over the last 10 years, she has used her diverse skill set to help meet the physical and functional needs of breast cancer patients and survivors. Carrie advocates for this patient population by teaching both physical therapy students and clinicians. She is a certified lymphedema therapist and member of the Academy of Oncologic Physical Therapy of the American Physical Therapy Association.



**Jill Binkley, PT, MSc, CLT, FAAOMPT** is Program Director and Founder of TurningPoint Breast Cancer Rehabilitation, a non-profit 501(c)3 healthcare organization in Atlanta, Georgia. Jill has extensive experience as a clinician and educator in the fields of breast cancer rehabilitation, orthopaedic physical therapy and manual therapy. She is a Certified Lymphedema Therapist and a Fellow of the American Academy of Orthopaedic Manual Physical Therapy. She has over 25 peer-reviewed publications and has presented locally, nationally and internationally on outcome measurement in physical therapy and breast cancer rehabilitation. As a breast cancer survivor, Jill is a passionate advocate for increased attention to the unmet physical and emotional side effects of breast cancer treatment and the role of rehabilitation and exercise in improving the quality of life of breast cancer survivors. Jill is a member of the Academy of Oncologic Physical Therapy of the American Physical Therapy Association and serves on the Editorial Board of *Rehabilitation Oncology*.





**Hannah Afify, PT, DPT, CLT, CES** is a physical therapist at TurningPoint Breast Cancer Rehabilitation. She obtained a BA in Exercise and Sport Science from The University of North Carolina at Chapel Hill in 2014 and a Doctorate in Physical Therapy from The George Washington University in 2017. She started her PT career at an outpatient clinic in Decatur, GA where she began working with patients in the oncology population and patients with limb loss. Hannah achieved several certifications in the outpatient setting, including Dry Needling, IASTM and blood flow restriction training. Here she developed a love for working in Oncology Rehab and started a program within her company to improve patients access to care. After almost 4 years, she continued her career at TurningPoint Breast Cancer Rehabilitation. Since working at TurningPoint, Hannah has become an APTA Certified Edema Specialist and continues her work in providing evidence-based

care to patients of all walks of life. She is passionate about improving patient's access to quality care and promotes this through participation in community events, guest lecturing at local universities and through her APTA certification as a Clinical Instructor.



**Kathryn Olive, PT, DPT, CLT** is a physical therapist at TurningPoint Breast Cancer Rehabilitation. Kathryn graduated with her B.S. in Health & Exercise Science from Wake Forest University in 2007 and went on to receive her Doctorate of Physical Therapy degree from Washington University in St. Louis in 2010. Prior to joining TurningPoint in 2021, Kathryn spent ten years working in a hospital-based outpatient orthopedic clinic in Charlotte, NC. During this time, she utilized a movement system impairments approach to treatment in conjunction with manual therapy and dry needling techniques. Throughout her career, Kathryn's practice specialty and passion have been in women's health care with an emphasis on pelvic health, pregnancy and post-partum, lymphedema and breast cancer care. She served as an item writer for the ABPTS Specialist Certification examination for

Women's Health Physical Therapy and had the opportunity to present a poster presentation at APTA's Combined Sections Meeting in 2011. Kathryn is a Board-Certified Clinical Specialist in Women's Health Physical Therapy, Certified Lymphedema Therapist, an APTA Certified Clinical Instructor, and STAR Clinician Certified.



**Janae Finley, PT, DPT, CLT, CES** is a Physical Therapist at TurningPoint Breast Cancer Rehabilitation. She received a BS in Exercise Science from Georgia State University in 2008 and graduated with a Doctorate in Physical Therapy from Emory University in 2012. Following graduation, she worked as an orthopedic physical therapist for 6 years and came to TurningPoint Breast cancer rehabilitation in 2019. Janae now specializes in the evidence-based treatment of patients with breast cancer and has a passion for reducing and eliminating disparities that exist in healthcare. Janae has participated as a lead moderator in the first of four national forums aimed at reducing disparity in breast cancer survivorship and has partnered with local and national outreach programs to provide equitable care while reducing access as a barrier to care. Janae has co-authored a paper titled "Meeting the Rehabilitation and Support Needs of Breast Cancer Patients During Covid-19: Opening New Frontiers in Models of Care Delivery" published in the journal of *Rehabilitation Oncology* in October 2020. Janae has presented at the APTA Combined Sections Meeting in 2020 and at the American Society of Surgical Oncology in 2022. Janae is a certified lymphedema therapist, edema specialist and an APTA Certified Clinical instructor. As a breast cancer survivor Janae brings a unique patient perspective into treating, caring for, and connecting with all patients.





**Jessica Waterman, PT, DPT, CLT, CES** Jessica is a TurningPoint physical therapist and has more than twelve years of experience in the field of women's health, oncology and orthopedics. She graduated from Emory University with a Bachelor of Science in Neuroscience and Behavioral Biology. She then continued her education at Duke University where she received a Doctorate in Physical Therapy. After working in the field of women's health for many years, Jessica decided to narrow the focus of her practice to treat women and men with breast cancer. She feels that the best part of her job is empowering patients to feel their best. Jessica is a Certified Edema Specialist, a Certified Lymphedema Therapist and is STAR Clinician Certified.



**Meera Solomon, MPT, CLT, CES** has been a licensed massage therapist since 2007, she combines her experience working in both spas and clinical settings to provide an experience that blends the best of both worlds, relaxing and therapeutic, safe and effective. Prior to joining the staff at TurningPoint in 2014, Meera provided massage therapy to patients at radiation oncology offices in the Atlanta area, as well as helped prepare and instruct continuing education classes on massage for people living with cancer. Meera is the only massage therapist to have completed the American Physical Therapy Association Oncology Section's Certified Edema Specialist training program. Whether your goals are to find relief from pain and tightness, manage lymphedema, reduce post-surgery swelling, or relaxation, Meera will customize each session to your needs. Outside of TurningPoint, Meera is active in animal rescue and enjoys reading, practicing yoga, and running and hiking with her dogs.

