



Course Description

This evidence-based course, offered in Atlanta, GA, 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.

Sponsored by TurningPoint Breast Cancer Rehabilitation

- a. Shoulder Dysfunction
 - b. Upper Quadrant and Trunk Dysfunction
 - c. Fatigue
 - d. Weight Gain or Loss
 - e. Deconditioning
 - f. Osteopenia/Osteoporosis
 - g. Chemotherapy Induced Peripheral Neuropathy (CIPN) and Balance Issues
 - h. Lymphedema
 - i. 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

Assistant 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.

Sponsored by TurningPoint Breast Cancer Rehabilitation