



## **Breast Cancer Rehabilitation for the Outpatient Clinician: From Surgery Through Survivorship**

### **TurningPoint Breast Cancer Rehabilitation's 13<sup>th</sup> Annual Healthcare Provider Course**

September 13<sup>th</sup>, 2024

Presented by:  
TurningPoint Oncology Rehabilitation Clinicians

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**Course Description:** This evidence-based course will address the complexities of breast cancer rehabilitation from the perspective of the outpatient clinician, with a focus on understanding the surgical management of breast cancer and the role of rehabilitation throughout the survivorship continuum. Special attention will be given to the management of common shoulder and upper quadrant dysfunction, including physical therapy evaluation and treatment considerations related to common breast cancer treatment side effects. A dedicated panel presentation will highlight the importance of integrated care that addresses the physical, psychosocial and wellness concerns faced by breast cancer patients and survivors including topics such as dry needling for the breast cancer patient, risk factors for the development of lymphedema and pelvic floor side effects of breast cancer treatment.

**Who Should Attend:** The course is of interest to all oncology rehabilitation professionals including physical therapists, occupational therapists, physical therapy assistants, occupational therapy assistants and massage therapists with any level of experience; however, the content is most appropriate for intermediate to advanced clinicians. It is also of interest to therapists working in an outpatient rehabilitation setting who would like to enhance their understanding of breast cancer and improve their clinical skills 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 lectures, interactive discussions with speakers and patients as well as 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 for credit hours.

### **Course Objectives:**

- 1) Understand the most common types of breast cancer surgeries and reconstruction options as well as common post-surgical presentations and their long-term implications.
- 2) Develop appropriate treatment plans for recovery following the most common breast cancer surgeries and reconstruction.
- 3) Understand the risk factors, etiology and incidence of axillary web syndrome.
- 4) Develop an appropriate treatment plan for axillary web syndrome that includes exercise, manual therapy techniques and other interventions.
- 5) Understand common rehabilitation issues related to breast cancer treatment including shoulder, upper quadrant and trunk dysfunction.
- 6) Understand the importance of using an integrative model of care for breast cancer rehabilitation including trigger point dry needling, lymphedema screening and pelvic health.

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

#### **Janae Finley, PT, DPT**

Assistant Clinical Director  
Physical Therapist  
Certified Edema Specialist/Certified Lymphedema Therapist

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

Senior Physical Therapist  
Certified Edema Specialist/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

#### **Jessica Waterman, PT, DPT**

Physical Therapist



Certified Edema Specialist/Certified Lymphedema Therapist

**Courtney Holmes, PTA**

Physical Therapy Assistant

**Stephanie Schlosser, PT, DPT**

Physical Therapist

Certified Lymphedema Therapist

**Grayson Webb, PT, DPT**

Physical Therapist

Certified Edema Specialist/Certified Lymphedema Therapist

**Course Fee:** Early Bird \$150 (\$175 after August 12<sup>th</sup>) includes a light continental breakfast, snacks, lunch and access to all course handouts and associated readings.

**Continuing Education Credit:** Approved for 7.25 Continuing Competency Hours by the Physical Therapy Association of Georgia and Georgia Occupational Therapy Association.

**Register Here:** <https://e.givesmart.com/events/DOQ/>

**Course Outline:**

Time	Section	Presenters
8:00-8:30AM	<b>Registration begins as participants arrive</b> Light breakfast and coffee are served in conference room	
8:30- 10:00AM	<b>“From the OR to the Outpatient Clinic-Surgery Specific Rehabilitation Considerations”</b>	Janae Finley, PT, DPT, CES, CLT Grayson Webb, PT, DPT, CES, CLT
10:00- 11:15AM	<b>“Tangled Up- Axillary Web Syndrome Diagnosis and Physical Therapy Management”</b>	Courtney Holmes, PTA Stephanie Schlosser, PT, DPT, CES, CLT
11:15-11:30 AM	<b>BREAK</b>	
11:30- 12:30 PM	<b>“Shoulder Dysfunction Along the Survivorship Continuum”</b> i. Part One- Shoulder Complex Review and Breast Cancer Treatment Implications	Hannah Afify, PT, DPT, CES, CLT Kathryn Olive, PT, DPT, CLT
12:30-1:15 PM	<b>LUNCH</b>	
1:15- 2:30PM	<b>“Shoulder Dysfunction Along the Survivorship Continuum”</b>	Hannah Afify, PT, DPT, CES, CLT



	<ul style="list-style-type: none"> <li>i. Part Two- Common Breast Cancer Related Shoulder Complex Pathologies</li> <li>ii. Evaluation &amp; Treatment</li> <li>iii. Lab with Case Study</li> </ul>	Kathryn Olive, PT, DPT, CLT
<b>2:30- 2:45PM</b>	<b>BREAK</b>	
<b>2:45- 4:30 PM</b>	<b>Panel Discussion</b> <ul style="list-style-type: none"> <li>i. Dry Needling</li> <li>ii. Lymphedema- Early Detection and When to Refer</li> <li>iii. Pelvic Floor</li> </ul>	Hannah Afify, PT, DPT, CES, CLT Kathryn Olive, PT, DPT, CLT Carrie Kozel, PT, DPT, CES, CLT Jessica Waterman, PT, DPT, CES, CLT
<b>4:30-5:00 PM</b>	<b>Wrap Up and Course Evaluation</b>	

**TurningPoint Speakers**



**Janae Finley, PT, DPT, CLT, CES** is the Assistant Clinical Director at TurningPoint Breast Cancer Rehabilitation. Janae 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. Janae came to TurningPoint Breast cancer rehabilitation as a breast cancer survivor in 2019 and brings a unique patient perspective into caring for and connecting with patients. Driven by a commitment to patient-centered care, Janae has implemented initiatives that not only improve clinical outcomes but also enhance the overall patient experience. Janae currently serves as the lead therapist on TurningPoint’s Atlanta Initiative, directing a grant-funded clinic in downtown Atlanta, aimed at reducing disparities in breast cancer survivorship. As an advocate for health equity, Janae has partnered with local and national outreach programs, and has presented at the APTA Combined Sections Meeting with a platform and poster presentation in 2020 and an education session in 2024. Janae’s dedication to providing equitable healthcare has earned her recognition as a leader in the field, inspiring colleagues and other healthcare organizations to join in on the mission of eliminating disparities in breast cancer care. Janae is a certified edema specialist and an APTA Certified Clinical instructor.



**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.





**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.



STAR Clinician Certified.

**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



**Jessica Waterman, PT, DPT, CLT, CES** is a TurningPoint physical therapist and has more than fifteen 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.





**Courtney Holmes, PTA** is a Physical Therapy Assistant at TurningPoint Breast Cancer Rehabilitation and has been a member of the TurningPoint team for over two years. She earned her BS in Kinesiology and Exercise Science from Georgia Southern University in 2016, followed by her degree as a Physical Therapist Assistant from South University in 2019. Beginning her career in orthopedics, where she spent three years, Courtney transitioned to TurningPoint where she now works with breast cancer and lymphedema patients, bringing two years of specialized experience. Currently, she is working towards her CLT certification, scheduled for completion in the coming year.



**Stephanie Schlosser, PT, DPT, CLT** is a TurningPoint physical therapist who received a B.S. in Exercise Science from Arizona State University in 2014 and graduated with a Doctorate in Physical Therapy from A.T. Still University in 2019. Following graduation, she moved to Oregon where she worked as an orthopedic physical therapist for 3 years before coming to TurningPoint in 2022. During her time as an orthopedic physical therapist, she received her CLT through ACOLS which allowed her to help develop a lymphedema program within her clinic. When she moved to Georgia in 2022, she was excited to be able to further her knowledge and understanding of breast cancer rehabilitation and have an opportunity to make a greater impact on the lives of her patients. Since joining TurningPoint, Stephanie has strived to improve the lives of our patients by developing patient centered education material, participating in community engagement events and practicing evidence-based care.



**Grayson Webb, PT, DPT, CLT, CES** is a Physical Therapist at TurningPoint Breast Cancer Rehabilitation with over ten years' experience providing care in outpatient orthopedics and breast cancer rehabilitation in the Atlanta and Nashville areas. She attended The University of Georgia and received her B.S. degree in Exercise and Sport Science in 2010, then went on to earn her Doctor of Physical Therapy degree from Armstrong Atlantic State University (*now Georgia Southern University*) in 2013. She is a Certified Edema Specialist, as well as certified in trigger point dry needling. Grayson has spent her professional career working in outpatient orthopedic care treating individuals of all ages addressing post-operative conditions, those suffering from chronic and acute pain, lymphedema, and balance deficits in order to allow individuals to return to living life to its fullest. In addition to patient care, Grayson has been involved in supervising student interns, leadership experience as a clinic director, marketing opportunities, and presenting at continuing education courses and DPT programs throughout Georgia.

