Day One

7:30  8:00  Registration
8:00  8:15  Introduction to Cancer Rehab
8:15  8:30  Role of Therapists in Oncology
8:30  9:30  Lecture: Carcinogenesis: The Cancer Cell
• Behavioral characteristics
• Histology and histologic grading
• Metastatic capabilities
9:30  10:00  Lecture: Tumor Classification and Staging
• Solid vs. Liquid • Purpose of Staging
• TNM staging • Liquid staging systems
10:00  10:15  Break
10:15  11:00  Lecture: Types and Classifications of Cancer
• Breast, Prostate, Gynecological
• Head and Neck, Colorectal, Urological
• Melanomas, Leukemia/Lymphoma
11:00  12:30  Lecture: Current Medical and Surgical Management of the Cancer patient
• Therapeutic Approach: "Seek and Destroy vs. Target and Control"
• Localized vs. Metastatic Disease
• Surgery (resectable or non resectable, acceptable margins)
• Chemotherapy, Radiotherapy (XRT)
• Hematological (Stem Cell or Bone Marrow Transplants)
• Immunotherapy, Hormonal Therapy
• Palliative Care
12:30  1:30  Lunch (on your own)
1:30  3:00  Lecture: Primary Adverse Effects of Cancer and Cancer Treatment: Clinical Implications
• Cancer pain
• Cancer related fatigue
• Cardio pulmonary effects
• Oncologic emergencies
3:00  3:15  Break
3:15  4:30  Lecture and Demo: Effects of Poor Posture and Incorrect Breath Patterns on Cancer Patients
• Role of diaphragm and diaphragmatic breathing pattern
• Postural effects on musculoskeletal system
4:30  6:00  Lab: Introduction to Manual Skills
• Pain modulating and relaxation
• Breath and postural retraining
• Imagery techniques

Day Two

8:00  8:30  Review from Day One and Questions
8:30  9:00  Lecture: Candidates for Cancer Rehabilitation
• Post surgical, post radiation and post reconstruction
• Chemotherapy or radiation patients
• SCT and BMT patients
• Patients w/co-morbidities or decreased functional status

Day Two (continued)

9:00  9:45  Lecture: Treatment Categories for Cancer Patients
• Patient education
• Home program
• Risk reduction practices
• Postural and breath retraining
• Exercise programs and equipment considerations
• Scales used for assessment
• ECOF/Karnofsky - Balance
• Endurance - Pain - QOL
• Manual therapies
• Skin, muscle and joint anatomy
• Impact of manual therapy on neuromuscular, skeletal and lymphatic systems
9:45  10:30  Lecture: The Lymphatic System
• Purpose/function
• Anatomy and physiology
• Lymph nodes
• Lymphedema and alternative drainage pathways
• Tissue healing and the lymphatic system
• Edema in the continuum of cancer care
• Acute vs chronic edema/inflammation
10:30  10:45  Break
10:45  12:00  Lecture and Demo: Integrating Manual Therapies with the Lymphatic and Neuromuscular System
• Soft tissue and joint mobilization
• Strain counter strain
• Muscle Energy techniques
• Myofascial release
• Manual lymphatic techniques
• Neural tension techniques
12:00  12:30  Lunch (on your own)
12:30  1:30  Lecture: Common Complications Encountered by the Cancer Patient
• Infection • Seromas
• Neutropenia/thrombocytopenia
• Anemia • Radiation fibrosis
• Ayillary Web Syndrome/cording
• Lymphedema
1:30  2:00  Lab
• Manual lymphatic techniques and NTT
1:30  3:00  Lecture and Lab: Case Studies
• UE post-surgical patient
• LE post-radiation patient
• Post radical neck dissection patient
• Multiple myeloma patient
• Lab Practice
• Combining manual therapy skills for the cancer patient
3:00  4:00  Questions

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Upon completion of this course, participants will be able to:

- Describe the underlying mechanisms of carcinogenesis, the current medical and surgical management for the treatment of cancers and their associated side-effects.
- Describe the relationship between cancer treatments and tissue healing and how comorbidities impact patients with cancer.
- Identify histologic presentation, staging and grading of cancer in order to understand the therapeutic intent of oncologic management.
- Identify cancer diagnoses that would benefit from a PT or OT’s intervention and where in the continuum of cancer care therapists can most effectively intervene.
- Perform specialized manual therapy skills and incorporate them with existing orthopedic skill sets to decrease pain and edema, and increase motion in post-surgical and post-radiation cancer patients.
- Design functional goals and appropriate plans of care for the following cancer diagnoses: breast, head and neck, gynecological, urological, prostate, and leukemias and lymphomas.
- Design a “whole body approach” when developing and implementing strategies for treating a cancer patient by understanding the effects of cancer on the lymphatic, musculo-skeletal, nervous, and vascular systems.
- Discuss the specialized services you can offer for the cancer patient and the vital role you contribute to the Oncology Multi-Disciplinary Team.