This course is applicable for PT, PTA, OT, OTA, AT. ND, UT, WA, WV, WI and WY. FL OT provider # 50-1442. Meets in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, MN, MT, NC, OR, RI, SC, VT, VA, WA, WI and WY. IL PT provider #216000074. This course is approved for 16 hrs, 1.6 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 2207038#TX approved NAS as a continuing education sponsor for physical therapists in Texas for 16 continuing competence requirements for physical therapist and meets the NBCOT requirements. Presentation of Cancer Rehab Marketing Cancer Rehabilitation and Prehab • Post surgical, post radiation • Chemotherapy, Radiation • SCT and BMT patients • Co-morbidities • Patient/families • Oncology physicians • Decreased functional status • Fact sheets, Tumor Board • Cancer Committee

Day Two (continued)

Lecture: Treatment Categories for Cancer Patients
• Patient education
• Home program
• Reduction practices
• Postural and breath retraining
• Therapeutic activities/exercise programs
• Manual therapies
  - Skin, muscle and joint anatomy
  - Impact of manual therapy on neumormuskeletal, skeletal and lymphatic systems
Lecture: Contraindications for Exercise and Manual Therapies and Assessment Scales
• FACT series
• Cancer Dyspnea Scale
• FACIT Fatigue • QOL
• Pain and Endurance
• Therapeutic activities
• Neuromuscular re-education
Break
Lecture and Lab: Integrating Manual Therapies incorporating the Lymphatic and Neuromuscular System
• Manual lymphatic therapies
• Myofascial techniques
• Neural tension techniques
• Soft tissue and joint mobilizations
Lunch (on your own)
Lecture: Common Complications Encountered by the Cancer Patient
• Infection • Seromas
• Neutropenia/thrombocytopenia
• Anemia • Radiation fibrosis
• Axillary Web Syndrome/cording
• Lymphedema
Lab: Therapeutic Exercise/Activity Provision for Functional Outcomes
• Fatigue
• CIPN
• AKI
• HN
• Pelvic cancers
Lab Practice
• Combining manual therapy skills and therapeutic exercise/activities for the cancer patient
Review Questions

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**Cancer Rehab**

**Bridging the Gap Between Medical Prognosis and Physical Realities**

Presented by Carrie Riddock, MSPT, CLT-LANA

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**Course Dates & Locations**

Visit www.healthclick.com or the most current dates, locations and tuition

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**Day One**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30</td>
<td>Registration</td>
</tr>
<tr>
<td>8:00</td>
<td>Introduction to Cancer Rehab</td>
</tr>
<tr>
<td>8:15</td>
<td>Role of Therapists in Oncology</td>
</tr>
<tr>
<td>8:30</td>
<td>Lecture: Carcinogenesis: The Cancer Cell • Behavioral characteristics • Histology and histologic grading • Metastatic capabilities • Angiogenesis • Genetic transformation • Lymphatic system anatomy/physiology</td>
</tr>
<tr>
<td>9:30</td>
<td>Lecture: Tumor Classification and Staging • Solid vs. Liquid • Purpose of Staging • TNM staging • Using staging for POC Break</td>
</tr>
<tr>
<td>10:00</td>
<td>Lecture: Current Medical and Surgical Management of the Cancer Patient • Therapeutic Approach: “Seek and Destroy vs. Target and Control” • Localized vs. Metastatic Disease • Surgery • Chemotherapy • Radiotherapy • Side effects • Hematological ( Stem Cell or Bone Marrow Transplant) • Immunotherapy • Hormonal therapy • Palliative care</td>
</tr>
<tr>
<td>11:00</td>
<td>Lecture: Common Cancers Referred to Therapy • Breast, Lung, Prostate, Gynecological Colorectal, Head and Neck, Leukemia/lymphoma</td>
</tr>
<tr>
<td>12:30</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:30</td>
<td>Lecture: Primary Adverse Effects of Cancer and Cancer Treatment: Clinical Implications • Cancer pain • Cancer related fatigue • Cardiopulmonary effects • Oncologic emergencies • Cognitive dysfunction</td>
</tr>
<tr>
<td>2:00</td>
<td>Break</td>
</tr>
<tr>
<td>3:00</td>
<td>Lecture and Lab: Effects of Poor Posture and Incorrect Breath Patterns on Cancer Patients • Diaphragmatic breathing, posturalateral breathing patterns • Postural effects on musculoskeletal system Break</td>
</tr>
<tr>
<td>4:00</td>
<td>Lab: Introduction to Manual Skills • Pain modulating and relaxation • Breath/postural/pelvic floor retraining</td>
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</tbody>
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**Day Two**

<table>
<thead>
<tr>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Review from Day One and Questions Candidates for Cancer Rehabilitation Marketing Cancer Rehab and Prehab</td>
</tr>
<tr>
<td>8:30</td>
<td>Candidates for Cancer Rehabilitation Marketing Cancer Rehab and Prehab • Post surgical, post radiation • Chemotherapy, Radiation • SCT and BMT patients • Co-morbidities • Patient/families • Oncology physicians • Decreased functional status • Fact sheets, Tumor Board • Cancer Committee</td>
</tr>
<tr>
<td>9:00</td>
<td>Lecture: Treatment Categories for Cancer Patients</td>
</tr>
<tr>
<td>9:45</td>
<td>Lecture and Lab: Case Studies • Post radical neck dissection • CIPN • LE post-radiation • Breast reconstruction • Multiple myeloma</td>
</tr>
<tr>
<td>10:30</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>10:45</td>
<td>Break</td>
</tr>
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<td>12:00</td>
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</tr>
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<td>3:00</td>
<td>Lab Practice</td>
</tr>
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<td>Lab Practice</td>
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About the Educator

Carrie M Riddock, MSPT, CLT-LANA received her Masters of Science in Physical Therapy from Virginia Commonwealth University/Medical College of Virginia in 1997. She received her specialist certification in Lymphedema Management from the Academy of Lymphatic Studies in 2007 and in 2009 her National Lymphedema Certification (LANA). Her specialty and passion is in cancer rehabilitation. She served as the Director of Lymphedema Therapy Services at VCU’s Massey Cancer Center and has worked at Bon Secours Cancer Institute’s Lymphedema Center as the ead therapist. She has developed a post-operative cancer patient exercise protocol and regularly trains therapists and oncology nurses in its implementation. Carrie served a vital role in securing Bon Secour Cancer Institute’s accreditation from the NAPBC (National Accreditation Program for Breast Centers) and in receiving the American Cancer Society/Commission on Cancer’s Service Excellence award. She continues to advance the knowledge of physical rehabilitation for cancer survivors throughout the medical community by providing in-services to Oncologists, Surgical Oncologists, General Surgeons, Plastic Surgeons, Nurse Practitioners, and local Physicians. She is a regular contributor/speaker to local area Lymphedema and Cancer Support Groups including the Susan G Komen’s Central Virginia Breast Cancer Coalition and has presented lecture series to both VCU and Mary Baldwin University doctoral PT students as well as presented at the 2016 American College of Rehabilitative Medicine Conference on Chemo-Induced Peripheral Neuropathy. Currently, she is working with Bon Secours Health System to develop oncology rehabilitation programs, while training therapists and providing treatment to patients with cancer throughout the state of Virginia.

Why You Should Attend This Course

This intermediate continuing education course is applicable for PT’s, PTA’s, AT’s and OT’s who wish to further their current skill sets to include specialized treatments for the patient with cancer. The emphasis in this course is on learning the current medical and surgical management for the following cancers: breast, prostate, lung, colorectal, gynecological, lymphomas and leukemias. The therapist will learn how and when to most effectively intervene throughout the continuum of care to treat side effects encountered from cancer, and it’s treatments, including pre-habilitation programs.

This course will expand on the therapists’ knowledge of the tissue healing and disease processes and how each system of the body is affected from surgical, hormonal, immunotherapy, chemotherapy, and radiation treatments. Extensive lab time will be devoted to perfecting and applying both manual therapy skills and developing appropriate therapeutic exercise/activity programs. Treatment approaches learned in this course will allow the therapist to effectively develop treatment protocols for the achievement of functional outcomes, allow for maximum reimbursement, and reduce hospital readmissions for the patient with cancer.

This course will enable the therapist to become a knowledgeable and active participant of the oncology team and effectively market cancer rehab services while working towards making cancer rehabilitation a standard of care.

Course Objectives

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 and develop appropriate plans of care.
- Identify cancer diagnoses that would benefit from rehab intervention and where in the continuum of cancer care therapists can most effectively intervene.
- Perform specialized manual therapy skills and develop individualized therapeutic exercise/activity programs with existing orthopedic skill sets to decrease pain, fatigue, and edema and improve motion and balance in patients with cancer.
- Develop prehabilitation programs, functional goals, and appropriate plans of care for the following diagnoses: breast, head and neck, gynecological, prostate, lung, colorectal, leukemias, and lymphomas to achieve functional outcomes and reduce hospital readmissions.
- Identify and utilize appropriate billing codes to maximize reimbursement for the patient with cancer.
- Design a holistic multi-system approach when developing and implementing strategies for treating a cancer patient by understanding the effects of cancer on the respiratory, lymphatic, nervous, musculoskeletal, integumentary, and cardiovascular systems of the body.
- Discuss the specialized services you can offer for the patient with cancer and the vital role you contribute to the Oncology Interdisciplinary Team.