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GREAT
Seminars and Books, Inc.
Geriatric Rehabilitation Education and Training

2639 Revere Drive
Akron, Ohio 44333-2311

Breast Cancer Fitness

An Evidence Based Approach

2007
Washington, DC.
October 20-21



Naomi Aaronson
MA OTR/L CHT



Trish Muse
MPT, CSCS

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Faculty

Naomi Aaronson MA OTR/L CHT is a nationally known presenter and author. She is an occupational therapist and fitness instructor who has lectured for Brick Bodies, the Cotting Connection, IDEA Fitness Fusion, and occupational therapy students at Touro College and SUNY Downstate. Naomi is a continuing education provider for ACE, AFAA, and NASM. As co-author of the learning CD Breast Cancer Recovery: On Land and In Water and The Breast Cancer Recovery Exercise Program, Naomi seeks to educate fitness professionals throughout the world. In addition, her published works have been featured in ADVANCE magazine, Exploring Hand Therapy, IDEA Journal, and MAMM magazines. Naomi believes that exercise is an essential component of recovery for breast cancer survivors. Her motto is, "take back your body and improve your physical and mental health."

Trish Muse, MPT, CSCS is a physical therapist, veteran pharmaceutical representative and published author. Frequently featured in Essence, Heart and Soul, Self and Health magazines as well as several others as a fitness consultant, Trish provides continuing education internationally for fitness professionals and physical therapists. She is currently pursuing her Doctor of Science in Physical Therapy. As the owner of Body Productions, Inc. she is a popular National Strength and Conditioning Association Certified Strength and Conditioning Specialist, respected American College of Sports Medicine certified Health Fitness Instructor and Wellcoaches licensed Wellness Coach in the Washington DC area. She is a Polestar certified Pilates practitioner and East Coast Fitness Ambassador for Doce Vida Designs. Trish is the star and creator of the popular exercise videos, Ab Attack, Body Management and The Workstation Workout and star and co-producer of the functional fitness video Rock, Roll and Reggae.

Description

Do you have breast cancer survivors as patients that you want to help beyond discharge from therapy? Would you like to develop individualized fitness programs targeted specifically to their needs and goals? Learn how to provide a community based wellness program created for women who are living beyond breast cancer.

Breast Cancer Fitness will teach you the pathology, staging, treatment and related effects of breast cancer. The benefits of exercise for this population will be presented along with appropriate Pilates exercises. You will learn how to fully assess survivors for participation in an exercise program.

Often times the toughest task is developing goals and the corresponding exercises that will lead to goal achievement in higher functioning patients. Let this course be your motivation and challenge to learn how to work with a population that strives to return to activity safely. Learn how to apply precautions and modifications for safe, effective and evidence based program design. You will learn what Pilates based exercise is, what the benefits are for survivors and which exercises address their recovery needs.

What you gain from this course will help you develop individualized exercise programs that can establish the platform for a niche practice. Evidence based research will guide exercise selection in rehabilitation and post-rehabilitation. By attending this course you will learn how to identify qualified fitness professionals, medical professionals and other ancillary professionals to assist you in your patients' recovery and post-recovery phase.

Objectives

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

- Define, describe and explain breast cancer, staging, treatment and related effects
- List the effects of treatment and their impact on physical and mental performance
- Identify the benefits of exercise including specific Pilates exercise benefits for breast cancer survivors
- Fully assess survivors for participation in an exercise program
- Be able to apply precautions and modifications necessary for the safe participation of survivors in an exercise program
- Define Pilates and its benefits for breast cancer survivors and recognize exercises which address the specific needs of breast cancer survivors
- Develop a safe, effective and appropriately challenging general exercise program for breast cancer survivors
- Apply evidence based research to their treatment of breast cancer survivors both in rehab and post-rehab
- Identify appropriate fitness professionals, medical professionals and ancillary professionals to assist in the recovery and post-recovery phase for breast cancer survivors

Location

Georgetown University Hospital
Lombardi Cancer Center
Washington, DC.
October 20-21, 2007

Great Books



	QTY	TOTAL
The Functional Toolbox: Clinical Measures of Functional Outcomes . . . \$89 Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.		
The Functional Toolbox II \$89 Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. Functional Toolbox I and II special: \$159.00		
Geriatric Clinical Strategies \$70 Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.		
Age-Defying Fitness -NEW- \$20 Moffat/Lewis, This cutting edge fitness book identifies five domains of physical performance: posture, strength, flexibility, balance and endurance, and explains the age-related changes that occur within the body in each of these domains. The authors also teach readers how to make accurate baseline assessments of their own bodies and how to develop a fitness program to meet their individual needs and body types. Easy-to-follow descriptions of exercises are included.		
Documenting Quality Care \$27 Lewis, revised. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.		
Health Promotion and Exercise for Older Adults \$48 Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.		
Improving Mobility In Older Persons \$48 Lewis. The perfect handbook for therapists in a skilled nursing facility or acute care. This book has evaluation and treatment ideas for patients working on bed mobility to gait.		
Balance Assessment Tests and Treatment \$49 Lewis. Video assessment and treatment cards. Tinetti, Functional Reach and Unilateral Stance demonstrated. Great treatment strategies that save time.		
Prevention and Wellness Toolbox \$67 Lewis/Kellems. A collection of 20 tools to screen for numerous areas of prevention: falls, posture, strength, future disability, osteoporosis, confidence in treatment, and quality of life to be used in a variety of settings. Each tool contains information on administration, population, validity, reliability, and scoring. Great for marketing new patients and justifying care in current patients.		
Orthopedic Outcomes Toolbox \$67 Lewis/Wilke/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.		
Hand-Held Dynamometry \$25 McAndrew/Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations		
1 Repetition Maximum Progression Pad \$12 This valuable tool has 1RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression		
Ideokinetic Facilitation for Balance Audio Tape \$8		
Slide Algometer \$6 An easy-to-use, reliable and valid measurement tool for assessing pain.		
Pocket Card 1 Repetition Maximum \$6 This valuable tool has 1RM values at 50% and 80% already figured out for you		
Pocket Card Bed Mobility \$6 This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.		
Pocket Card Sit to Stand Transfer \$6 This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, & 100% of rise		
Previous Year Manuals \$50 ea. Please call to check on availability.		
Osteoporosis Exercise Booklet \$6		
Self Balance Hints for Older Persons Booklet \$6		
AB Attack \$20 A comprehensive exercise video designed to strengthen and stabilize all muscles of the torso. Trish Muse instructor		
Body Management \$20 A total body workout using the stability ball. Trish Muse instructor		
Rock, Roll and Reggae \$20 An "all hips, abs and butt about it workout." Trish Muse instructor		
Workstation Workout \$20 Trish's workouts for neck, shoulders, back, arms wrist and hand.		

Prices include shipping via USPS (media mail) MD residents add 5% sales tax. and handling within the continental U.S. **TOTAL**

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Program Outline

Day One

- 8-8:30 Introduction: What is breast cancer?
- 8:30-8:45 Breast Cancer Staging
- 8:45-9:30 Local Treatments: Surgery and Radiation
- 9:30-10:15 Systemic Treatments:
 - Chemotherapy, Hormonal, Biological
- 10:15-10:30 Break
- 10:30-11:00 Anatomy affected
 - Breast • Brachial Plexus • Lymphatic System
 - Musculature: Pectoralis Major, Minor, lats, trapezius,
- 11:00-12:00 Evidence Based Physical Issues
 - Loss of range of motion and strength • Hand issues
 - Osteoporosis • Pain • Axillary Web Syndrome • Lymphedema
 - Fatigue • Peripheral Neuropathy • Weight gain
- 12:00-1:00 LUNCH (working lunch-on your own) identify group & individual intake procedure and fitness assessments
- 1:00-2:00 Evidence Based Psychosocial/Cognitive Issues
 - Loss of breast • Fear of death • Disfigurement • Lymphedema
 - 5 stages Kubler-Ross
- 2:00-2:30 Goals for Recovery
 - Increase ROM and strength • Decrease pain • Decrease lymphedema risk
 - Decrease osteoporosis risk • Promote scar mobility • Silicone pads and cremes
 - Myofascial release • Massage/Soft Tissue Mobilization • Improve Endurance • Improve Posture
- 2:30-3:00 Functional Goals
- 3:00-3:15 Break
- 3:15-4:15 Lymphedema Precautions
 - Use of Compression Sleeve
 - Daily Living Recommendations
 - Proximal to distal exercises (practical session)
 - Aquatic Exercise
 - Evidence Based Approach to Exercise for those at risk
- 4:15-6:00 Practical Case Study Presentation
 - Practical application of evidenced based medicine to establish goals, perform, exercise programming (group and private) and exercise modifications
- 6:00-6:30 Questions and Answers

Day Two

- 8:00-9:00 Breast Reconstruction Guidelines
 - TRAM Guidelines - hook lying foot slide
 - Implants • Lat Flaps • Diep
- 9:00-10:00 What are the benefits of fitness?
 - Physical • Mental • Psychosocial • Supporting evidence
 - Exercise settings- Private/Group
- 10:00-10:15 BREAK
- 10:15-12:00 Exercise Screenings & Assessments
 - Health Screening • Medical Clearance • Posture • Range of Motion/flexibility • Strength, scar • Circumferential measurement • Strength testing and strength training guidelines specific to Breast Cancer • Cardiovascular baseline aerobic test (Rockport 1 mile walk/run)
- 12:00-1:00 LUNCH (working lunch- on your own) used to design their own survivor post-rehab fitness plan
- 1:00-2:00 Exercise Recommendations & Equipment Selection
 - Aerobic guidelines
 - Exercise contraindications and advisories
 - Relaxation/Mind Body Awareness
- 2:00-4:00 Pilates - What is it?
 - Basic principles -breathing, control, shoulder/core stability, precision
 - Concentration, supine to standing • Problem list, impairments, disabilities & goals • Appropriate exercises to increase shoulder range of motion ie windmills, snowlady, Scissors, Core exercises- Hundred, single leg circles, single leg stretch, double leg stretch with modifications for those with back issues, osteoporosis, post -TRAM and post-reconstruction • Exercise modifications • Mat • Apparatus/Equipment
- 3:00-3:15 Break
- 4:00-4:30 Medical & Ancillary networking
- 4:30-5:00 Wellness Coaching • Readiness to Change
- 5:00-6:00 Case Study to design a survivor post-rehab fitness plan
- 6:00-6:30 Questions and Answers

Registration

AUDIENCE: Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, and other Rehabilitation Professionals.

FEE: The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

Washington, DC. - \$495. If postmarked before 9/27/07

LATE REGISTRATION: Postmarked after the above date requires an additional **\$75 late fee.**

EARLY BIRD: \$445 - If completed registration and payment are **received** by:

Washington, DC. - August 2, 2007

DISCOUNT PROGRAM: Provide proof of previous attendance to **GREAT Seminars and Books, Inc.** course and receive \$25 off with each certificate. Ask about our group discounts. In order to receive discount, required documentation must accompany registration form. No discounts will be taken once registration is completed.

CONFIRMATION: A confirmation letter will be sent 1 month prior to the course with local hotels and information upon receipt of your registration form and fee. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration.

CANCELLATION/REFUND POLICY: Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

COURSE CANCELLATION: GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

EDUCATIONAL CREDIT: All courses are approved for 20 CEUs. A certificate of attendance for **20 contact hours** of educational activity (2.0 or 20 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrants upon completion of the seminar. **Your tuition is tax deductible.** All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Coughlin vs. Commissioner, 203 F2d 307.

LOST CERTIFICATES: Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$50.

4 Easy Ways to Register

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2007 Registration - Breast Cancer Fitness

YES! Please register me for:

Washington, DC. - October 20-21, 2007

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