

Cancer Rehab

Bridging the Gap Between Medical
Prognosis and Physical Realities



Presented by
Carrie Riddock, MSPT, CLT-LANA

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PT, OT, PTA and ATC - Continuing Education Course

Call 1-800-300-5512 or Go online to:
www.healthclick.com for hotel and course location information.

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 • Cardiopulmonary 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	1:00	Lecture: Common Complications Encountered by the Cancer Patient • Infection • Seromas • Neutropenia/thrombocytopenia • Anemia • Radiation fibrosis • Axillary Web Syndrome/cording • Lymphedema
1:00	2:00	Lab • Manual lymphatic techniques and NTT
2:00	3:00	Lecture and Lab: Case Studies • UE post-surgical patient • LE post-radiation patient • Post radical neck dissection patient • Multiple myeloma patient
3:00	4:00	Lab Practice • Combining manual therapy skills for the cancer patient
4:00	4:15	Questions

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About the Educator

Carrie Riddock, MSPT, CLT-LANA, received her Master's 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 Cancer Rehabilitation. She served as the Director of Lymphedema Therapy Services at VCU's Massey Cancer Center and has worked at Bon Secour's Cancer Institute's Lymphedema Center as lead therapist. She continues to advance the knowledge of lymphedema and physical therapy treatment for cancer survivors throughout the medical community by providing in-services to oncologists, surgical oncologists, general surgeons, plastic surgeons, nurse practioners, 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 VCU's Doctoral PT students. She has developed a post-operative cancer patient exercise protocol and regularly trains acute care PT's 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. Currently, she works with cancer rehab and lymphedema patients in Manakin-Sabot, Virginia.

Why You Should Attend This Course

This intermediate continuing education course is designed for PT's and OT's who wish to further their current skill sets to include specialized treatments for the cancer patient. Emphasis in this course will be placed on learning the medical and surgical management for the following cancers: breast, prostate, gynecological, head and neck, colorectal and melanomas. Most importantly, the therapist will learn how and when he/she can most effectively intervene during the continuum of cancer care to treat side effects encountered from post-surgical and post-radiation treatments. This course will expand on the therapists' knowledge of the tissue healing and disease processes and of the lymphatic system. This will provide the needed understanding of how these processes/systems are affected from a surgical, chemotherapy, and/or radiation treatment approach. Extensive lab time will be devoted to perfecting and applying manual therapy skills to the cancer patient which include muscle energy technique, soft tissue and joint mobilization, strain-counterstrain and other pain and edema reducing manual techniques. The therapist will also be able to develop and implement effective treatment protocols for post-surgical patients (with or without lymph node dissection), post-radiation patients, and reconstructive surgical patients upon completion of this course. This course will allow for the therapist to become a knowledgeable and active participant of the Oncology Team at his/her work facility.

Course Objectives

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

- Present an advanced understanding 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.
- Recognize 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.
- Utilize and incorporate specialized manual therapy skills with existing orthopedic skill sets to decrease pain and edema, and increase motion in post-surgical and post-radiation cancer patients.
- Develop functional goals and appropriate plans of care for the following cancer diagnoses: breast, head and neck, gynecological, urological, prostate, and leukemias and lymphomas.
- Effectively incorporate 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 of the body.
- Become an integral and vital part of the Oncology Multi-Disciplinary Team by effectively marketing and communicating the specialized services you can offer to the cancer patient.

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Registration Form



Name	_____	Profession	_____
Home	_____		
Address	_____		

City	_____	State	_____
		Zip	_____
Credit Card	_____		

Exp.date	_____	Phone (required)	_____
e-mail (required)	_____		
Location of attendance	_____		

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.