

Breast Cancer Rehabilitation Course Schedule

Day One

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| 8:00 – 8:15 | Welcome |
| 8:15 – 8:45 | Part I – Breast cancer overview: “The Big Picture” |
| 8:45 – 10:00 | Part II - Breast cancer differential diagnoses, types and treatment |
| 10:00 – 10:20 | Break |
| 10:20 – 12:30 | Part II Continued, Part III - Pathology, Part IV – Breast reconstruction and Part V – Hope for the future |
| 12:30 – 1:30 | Lunch on your own |
| 1:30 – 2:45 | Assessment / Evaluation, including differential diagnoses and evaluation discussion |
| 2:45 – 3:30 | Axillary Web Syndrome, including differential diagnoses |
| 3:30 – 3:45 | Break and lap setup |
| 3:45 – 6:00 | Lab: Inferior axillary techniques, hand-behind-head techniques, axillary webbing techniques, and stretching for various types of axillary web syndrome |

Day Two

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| 8:00 – 9:15 | Radiation therapy treatments for breast cancer |
| 9:15 – 9:30 | Break |
| 9:30 – 11:00 | Chemotherapy and considerations for treatment |
| 11:00 – 11:15 | Break |
| 11:15 – 12:30 | Evidence-based updates in breast cancer-related lymphedema (BCRL) with discussion of risk reduction |
| 12:30 – 1:30 | Lunch on your own |
| 1:30 – 3:30 | Lab: Seated techniques, upper-back techniques, supraclavicular fossa (SCF) techniques, chest wall techniques, and sidelying inferior axillary soft-tissue mobilization with movement |
| 3:30 – 3:45 | Break and lab cleanup |
| 3:45 – 5:00 | Case presentations and course wrap-up |