Strength After Breast Cancer FAQs

For Therapists, Doctors, Nurses, and other Practitioners

1. **What is Strength After Breast Cancer (Strength ABC)?**

A physical therapy-based exercise program for breast cancer survivors.

1. **Who is eligible?**

Breast cancer patients and survivors who have been evaluated by a physical or occupational therapist who is a Certified Lymphedema Therapist to ensure readiness to participate. (The CLT must meet the National Lymphedema Network’s standards.) Some participants may still be in treatment.

Participants should:

* 1. Have no medical conditions that would preclude participation in a weight-training program.
  2. Currently be free of cancer (not metastatic).

1. **How do participants enroll?**
   1. Make an appointment with a PT/OT, CLT for a complete evaluation at the following facility:

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b. Complete a Lymphedema Education Session (LES) and enroll in Strength ABC exercise classes.

1. **How do patients pay for Strength ABC**?
   1. Billed through insurance.
      1. Group exercise classes are billed as group classes.
      2. Patient is responsible for copays.
   2. Self-pay
      1. Evaluation is $\_\_\_\_\_\_\_\_\_\_.
      2. Each of the five group classes is $\_\_\_\_\_\_\_\_\_\_.
2. **Where can PowerBlocks be purchased?**

[www.fitnessexchange.com](http://www.fitnessexchange.com/powerblock-sport-24-set-p-1468.html)

[www.store.leisurefitness.com](http://store.leisurefitness.com/Adjustable-DumbbellsKettlebells-C483.aspx)

[www.amazon.com](http://www.amazon.com/PowerBlock-SportBlock-Adjustable-24-Pounds-Dumbbell/dp/B000A6T9I8/ref=sr_1_4?ie=UTF8&qid=1310154854&sr=8-4)

[www.sears.com](http://www.sears.com/powerblock-sport-2.4/p-00661360000P?prdNo=2&blockNo=2&blockType=G2)

If you have **additional questions**, please contact your local facility’s Strength ABC Program Administrator:

Name:

Email:

Phone:

If the Administrator is unable to answer your questions, contact Dr. Katie Schmitz, Principal Investigator at [schmitz@mail.med.upenn.edu](mailto:schmitz@mail.med.upenn.edu).