

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.

2. 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:

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

3. How do participants enroll?

- a. Make an appointment with a PT/OT, CLT for a complete evaluation at the following facility:

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

4. How do patients pay for Strength ABC?

- a. Billed through insurance.
 - i. Group exercise classes are billed as group classes.
 - ii. Patient is responsible for copays.
- b. Self-pay
 - i. Evaluation is \$_____.
 - ii. Each of the five group classes is \$_____.

5. Where can PowerBlocks be purchased?

www.fitnessexchange.com

www.store.leisurefitness.com

www.amazon.com

www.sears.com

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.