

Breast Cancer Rehabilitation Course Schedule

Day One

8:00am – 8:15am	Welcome
8:15am – 8:45am	Part I – Breast Cancer Overview: The Big Picture (Lecture)
8:45am – 10:00am	Part II - Breast Cancer Differential Diagnoses - Types and Treatments (Lecture)
10:00am – 10:15am	Break
10:15am – 12:30pm	Part II (cont.), Part III - Pathology, Part IV – Breast Reconstruction, and Part V – Hope for the Future (Lecture)
12:30pm – 1:30pm	Lunch on your own
1:30pm – 2:45pm	Assessment / Evaluation including differential diagnoses and evaluation discussion (Lecture)
2:45pm – 3:30pm	Axillary Web Syndrome (AWS) including differential diagnoses (Lecture)
3:30pm – 3:45pm	Break and lab setup
3:45pm – 6:00pm	Lab: Inferior axillary techniques, hand-behind-head techniques, axillary webbing techniques, and stretching for various types of AWS

Day Two

8:00am – 9:30am	Radiation Therapy Treatments for Breast Cancer (Lecture)
9:30am – 11:00am	Chemotherapy and Considerations for Treatment (Lecture)
11:00am – 11:15am	Break
11:15am – 12:30pm	Evidence-Based Updates in Breast Cancer-Related Lymphedema (BCRL) with discussion of risk reduction (Lecture)
12:30pm – 1:30pm	Lunch on your own
1:30pm – 3:30pm	Lab: Seated techniques, upper-back techniques, supraclavicular fossa (SCF) techniques, chest wall techniques, and sidelying inferior axillary soft-tissue mobilization with movement
3:30pm – 3:45pm	Break and lab cleanup
3:45pm – 5:00pm	Case presentations and course wrap-up