COURSE DATE: 11/30/2018 – 12/1/2018

TITLE: Breast Cancer Pilates based Programming and Cardiovascular Exercise

DESCRIPTION: With more than 3 million breast cancer survivors in the US today, you are very likely to be treating an increasing number of survivors. After undergoing breast cancer surgery and treatment, women can face fatigue, loss of range of motion and strength, peripheral neuropathy, weight gain, lymphedema and psychosocial issues.

Learn how to help your patients to live beyond their breast cancer. Use this two day program with your patients which incorporates Pilates based and cardiovascular recommendations so that they can continue to regain function and endurance.

Pilates based exercise can serve as a gentle introduction or re-introduction to exercise while improving daily function. This introductory seminar is designed for therapists who wish to learn Pilates based chair, mat, and standing techniques to incorporate with your traditional therapy techniques.

Understand the stages of breast cancer, local and systemic treatment options, rehabilitation issues, Pilates anatomy and principles, strength and aerobic guidelines, assessments to be used, as well as practicing the techniques to bring back to the clinic. Be sure to come prepared to move with comfortable clothing and bring water.

OUTCOMES:
1. Identify the types of breast cancer surgery offered
2. Describe the acute and long term issues that breast cancer survivors can encounter post-surgery and radiation
3. Contrast appropriate Pilates interventions for each stage of rehabilitation post-surgery
4. Compare the types of systemic treatment and issues faced after undergoing treatment
5. Identify exercise precautions for breast cancer survivors for both Pilates and cardiovascular exercise
6. List and describe the Pilates principles
7. List and describe the relevant anatomy used in Pilates
8. List the appropriate assessments to be used in rehab settings
9. Determine the appropriate Pilates based exercises to be included in a chair, mat & standing program
10. Discuss both strength training and cardiovascular recommendations post breast cancer
11. Identify the appropriate Pilates based program post breast reconstruction

INSTRUCTOR: Naomi Aaronson, MA, OTR/L, CHT, CPI, CET
Naomi Aaronson is an occupational therapist, certified hand therapist, Cancer Exercise Trainer and Pilates instructor. She uses Pilates for rehabilitation focusing on cancer survivors. After a car accident, Naomi discovered the benefits of Pilates which inspired her to be educated in the method. Presently, Naomi is an adjunct instructor in the OTA program at Suffolk Community College. She is co-author of the book Pilates for Breast Cancer Survivors: A Guide to Recovery, Healing and Wellness which offers a 3 phase rehabilitative exercise program including chair, mat and standing exercises.

Register Online: http://bit.ly/ce11251
LEVEL: Introductory

AUDIENCE: OT, OTA, PT, PTA, AT

AGENDA:

Friday
7:30 AM  Registration Opens
8:00 AM  Introduction, new staging system, statistics
8:30 AM  Cognitive and psychosocial aspects of a breast cancer diagnosis
9:00 AM  Local treatment -surgery
9:30 AM  Side effects of surgery and  rehabilitation guidelines phase 1-3
10:15 AM  Break
10:30 AM  Introduction to Pilates, principles, benefits, and indications, breathing lab
11:30 AM  Pilates chair program Phase 1 and 2
12:00 PM  Lunch on your own
1:00 PM  Radiation, side effects and rehab recommendations
1:30 PM  Strength training guidelines PAL study- evidence based
2:00 PM  Pilates chair exercises phase  3 in groups of 2
2:30 PM  Pilates  mat exercises phase 1 in groups of 2
3:00 PM  Break
3:15 PM  Breathing and Postural Assessment in groups of 2
3:45 PM  Questions
4:00 PM  Adjourn

Saturday
8:00 AM  Pilates mat class
8:45 AM  Systemic treatment and issues
9:45 AM  Breast Reconstruction and guidelines for flap based and implant based reconstruction
10:15 AM  Break
10:30 AM  Phase 2 and Phase 3 mat exercises in groups of 2 with use of band and ball
11:15 AM  Cardiovascular recommendations, goals and precautions using evidence based information
12:00 PM  Lunch on your own
1:00 PM  Cancer Rehab and quality of life Assessments using evidence based information
1:30 PM  Phase 2 and Phase 3 Pilates for DIEP and TRAM Flaps with lab in groups of 2
2:30 PM  Standing Pilates Phase  1,2, and 3
3:00 PM  Break
3:15 PM  Case Study and Discussion in groups of 2. Be prepared to discuss the treatment plan and include Pilates based exercises and cardiovascular recommendations.
3:45 PM  Question & Answer
4:00 PM  Adjourn

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REQUIRED COURSE MATERIALS: (For both instructor and participants) Mats, long bands, and playground balls, tissues for breathing lab

COURSE #: 11251

PRICE: Early Price $500 (On or Before 10/30/2018), Standard Price $550 (After 10/30/2018)

CEU's / CLOCK HOURS: 1.3 CEU’s (13 Clock Hours)

LOCATION:
UW-Milwaukee Continuing Education
Plankinton Building, 7th Floor
161 West Wisconsin Avenue
Milwaukee, WI 53203

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