

Advanced Rehab Techniques

Advanced CancerSmart™ Rehab Techniques is a professional training course designed for Rehab Professionals who have at least three (3) years of experience working with oncology patients, as well as those who have completed **CancerSmart™ Rehab Techniques**.

Focused on complex issues, **Advanced CancerSmart™ Rehab Techniques** explores at length the rehabilitation needs, exercises and manual techniques for specific cancers as well as techniques for lymphedema management. Through the use of case studies Rehab Professionals will gain an advanced understanding of the medical management of cancer (including chemotherapy, radiation and bone marrow transplants), as well as an understanding of complex cancers or metastases as they pertain to rehab or exercise practices. Hands-on demonstrations of myofascial release and scar techniques are incorporated throughout the course.

Course Outline

COURSE DURATION: 8 HOURS - 1 DAY

Part 1 – Overview of Medical Interventions and impact on rehabilitation

- a. Surgery
- b. Chemotherapy
- c. Radiation
- d. Biological therapy
- e. Anti-angiogenesis
- f. Hormone therapy

- d. Gastro-Intestinal Cancers (e.g. Colorectal, Pancreatic)
- e. Melanoma
- f. Lymphedema

Part 2 – Review of specific cancers, treatments and rehabilitation considerations

- a. Breast Cancer
- b. Hematological Cancers (e.g. Leukemia, Lymphoma, Multiple Myeloma)
- c. Lung Cancer

Part 3 – Oncology Pain

- a. Measurement of pain
- b. Impact of pain on rehabilitation

Part 4 – Exercise

- a. Review of exercise parameters for cancer patients

Following completion of this course participants will have in-depth knowledge about the needs of clients with the following types of cancer: Breast, Leukemia, Lymphoma, Multiple Myeloma, Lung, Colorectal, Pancreatic and Melanoma.