

Breast Cancer *Rehabilitation* using a *Pilates*-based approach



Do you know breast cancer survivors who would benefit from Pilates along with traditional rehabilitation approaches?



YES, sign me up

for the “Breast Cancer Rehabilitation using a Pilates-based approach” seminar.

NAME:

Be sure to print your name exactly as you want it to appear on your certificate.

OCCUPATION:

ADDRESS:

PHONE:

E-MAIL:

Save your space – sign up early!

Registration and Tuition:

Make check payable to: **Integrated Rehab & Fitness** and submit with the detached registration form to:

Integrated Mind & Body

125 Newbury Street, Suite 5A, Boston, MA 02116

For questions please contact Naomi Aaronson at recovercises@aol.com

Tuition Fee: \$189.00 before August 22, 2008
\$209.00 after August 22, 2008
\$99.00 (students)

Your tuition includes:

A continental breakfast, lunch, snacks and a seminar manual.

Refund Policy:

Integrated Rehab & Fitness reserves the right to cancel up to two weeks prior to seminar date with full refund. Cancellation of registrant up to August 30, 2008 will result in a refund minus a \$75.00 administration fee.

Contact Hours:

At the completion of the seminar you will be awarded 8 contact hours.

Integrated Mind & Body

125 Newbury Street, Suite 5A
Boston, MA 02116

Integrated Rehab & Fitness, the collaboration of Naomi Aaronson and Ann Marie Turo, is focused on educating health professionals about the importance of physical and mental health while rehabilitating breast cancer survivors.

Learn how to incorporate Pilates into your therapy session during this one day seminar.

Seminar Schedule

- 7:30 Registration / breakfast / pre-testing
- 8:00–9:00 Introduction, staging of breast cancer
- 9:00–9:30 Psychosocial and cognitive aspects of breast cancer treatment
- 9:30–10:00 Local treatment- surgery including mastectomy, modified radical mastectomy, lumpectomy, sentinel node biopsy and post surgery implications
- 10:00–10:15 Rehabilitative guidelines
Phase 1 post surgery Day 1–Day 14 protective phase
- 10:15–10:30 BREAK/Questions
- 10:30–11:00 Introduction to clinical Pilates - principles, benefits, indications / contraindications.
- 11:00–11:30 Rehabilitative guidelines
Phase 2 post surgery Day 14–Day 28 increasing ROM and function
- 11:30–12:00 Radiation, side effects, and rehabilitation
- 12:00–12:30 Systemic treatment including chemotherapy, hormonal treatment, and biological – side effects and rehabilitation guidelines
- 12:30–1:15 **Complimentary lunch provided by JUZO** presentation by Glenn Ippolito
- 1:15–1:30 **Phase 3 strengthening guidelines** to improve function and endurance
- 1:30–2:30 Assessments including DASH, FACT-B, BERG, sleep and fatigue scale. Coding and documentation
- 2:30–3:15 Warm-up (whole group) Phase 1 and Phase 2
- 3:15–3:30 **Break – JANAC SPORTSWEAR** presentation by Janet Cockburn
- 3:30–4:30 **Phase 3**
- Station 1 - Balls
 - Station 2 - Fitness circle
 - Station 3 - Bands
- 4:30–5:00 Wrap-up, questions, post test, seminar evaluations, certificates

Date:

Saturday, September 13, 2008

Location:

Mary Ann Morse Nursing and Rehabilitation Center
45 Union Street
Natick, MA 01760
Tel. 508-650-9003

Who should attend:

Occupational therapists, occupational therapy assistants, physical therapists, physical therapy assistants, hand therapists and nurses.

Seminar Description: Do you have breast cancer survivors as patients that you would like to help by using Pilates along with traditional approaches? There are more than 2 million breast cancer survivors in the United States. After undergoing breast cancer surgery and treatment, women can face fatigue, loss of range of motion, weight gain, lymphedema, and psychosocial issues. Pilates can serve as a gentle re-introduction or introduction to exercise while improving daily function. This one day introductory seminar is designed for therapists who wish to learn Pilates mat techniques to incorporate in therapy sessions. Participants will learn about breast cancer treatment and the rehabilitative issues faced by this population. The physical, cognitive and emotional challenges posed by breast cancer can be addressed by a Pilates-based approach. Using this mind/body modality can enhance your practice, as well as meeting both functional and therapeutic goals of clients. Opportunity will be provided for Pilates mat practice, so please wear comfortable clothing and make sure to bring your mat and water.

Seminar Instructors



Naomi Aaronson is a nationally known presenter and author. She is an occupational therapist, hand therapist and Pilates mat instructor who has lectured for Brick Bodies, the Cotting Connection, IDEA Fitness Fusion, and occupational therapy students. Naomi is a continuing education provider for ACE, AFAA, and NASM. As coauthor of the learning CD *Breast Cancer Recovery: On Land and In Water* and the Breast Cancer Recovery Exercise Program, Naomi seeks to educate both survivors and health professionals throughout the world. Her writing has been featured in the *ADVANCE*, *Exploring Hand Therapy*, *IDEA Journal*, and *MAMM* magazines. Naomi believes that exercise is an essential component in recovery for breast cancer survivors. Her motto is "take back your body and improve your physical and mental health."



Ann Marie Turo is an occupational therapist, Yoga/Pilates instructor, Reiki master and breast cancer survivor who went through the cancer journey without the benefit of rehabilitation. Her experience introduced her to complementary modalities such as Reiki, Yoga and Pilates. At Ann Marie's inviting facility, Integrated Mind and Body in Boston, a variety of approaches are used with clients living with breast cancer, joint replacements, scoliosis, back issues, orthopedic conditions, depression, connective tissue disease and stroke. Ann Marie embraces the concept of "holistic healing." In addition, Ann Marie is a visiting instructor at the F. Holland Day Foundation "Healing Retreat for People with Cancer" and The Greater Boston Knitting Guild. She has been a dancer for most of her life and worked in the fitness industry for more than 25 years.



Seminar Objectives:

Upon completion of this seminar on September 13, 2008, participants will be able to:

1. Describe both local and systemic breast cancer treatment
2. List the effects of treatment and their impact upon physical, psychosocial and mental performance
3. Identify the benefits of Pilates for breast cancer survivors
4. List clinical Pilates principles
5. Describe the modifications, indications, and contraindications when using a mat Pilates-based approach
6. Develop a safe, effective, and appropriately challenging Pilates program along with traditional approaches
7. Describe the assessments used to identify occupational performance in breast cancer survivors
8. Describe one Pilates exercise for each phase of rehabilitation



Mary Ann Morse is a skilled nursing and rehabilitation facility providing exceptional sub-acute care in a scenic community setting.



Quality Rehabilitation Services is a therapist-owned practice that provides the highest standard of occupational, physical and speech therapy to premier healthcare facilities.



Manufacturer of Compression therapy garments, and founder of the Juzo Academy that offers CEU's and workshops for medical professionals.



Producer of the Janac Sportsbra and the Been-a-Boob breast prosthetic device.