



Course Title: **Breast Cancer Recovery: on Land & in Water**

Produced by: **Fitness Learning Systems**
1012 Harrison Ave #3 Harrison OH 45030
www.fitnesslearningsystems.com 1-888-221-1612

Course Type: **e-Learning Home Study**

Credit hours: AEA 4.0, ACSM 4.0, ATRI 0.4, COPS-KT 0.4,
NFPT 1.0, NCSF 2.0, YMCA 4.0, NSPA 4.0

Author/s:

Naomi Aaronson MA, OTR/L, CHT

Naomi Aaronson is an occupational therapist and fitness instructor who developed the "Recovercises" exercise program for breast cancer survivors. She is nationally known for her advocacy of exercise for this special population. Her written work has been featured both in written publications and on the net. Naomi believes that exercise is essential in recovery after undergoing breast cancer treatment.

Mary Essert BA, ATRI

Mary Essert has been actively involved in teaching aquatics since 1949. In 1982 she experienced breast cancer and has worked to share aquatic exercise for and with this population since then. Her workshops, seminars, and videos are internationally recognized. She has been honored for Lifetime Achievement by AEA, was the ATRI Aquatic Professional of the year for 2002, and listed in Who's Who in Aquatic Leadership in the USA 2000-2003.

Course Summary:

There are approximately 271,000 women and over 1000 men who were expected to be diagnosed with breast cancer in 2005 according to the most recent statistics. Due to the ramifications of treatment, exercise is a modality that can be used to facilitate recovery. Numerous studies have demonstrated that exercise can improve quality of life, reduce side effects of treatment, and improve strength and endurance. However, it is essential that exercise professionals understand the various treatments that survivors undergo to provide safe and effective exercise programs. Using this multimedia course discover the restrictions and limitations of working with this population and specific recommendations regarding exercise protocols for both land and water exercise.

Objectives:

After completing this course you will:

1. Understand the stages of breast cancer.
2. Describe the various surgeries and anatomical structures affected by breast cancer surgery.
3. List local and systemic cancer treatments and side effects.
4. Describe physical issues faced by breast cancer survivors.
5. Describe psychosocial issues faced by breast cancer survivors.
6. Explain special precautions and risk management related to both land and water exercise for breast cancer survivors.
7. State the benefits of land and water exercise in breast cancer recovery.
8. Describe HIPAA requirements and their impact upon client's medical records.
9. Describe cardiovascular recommendations for mode, intensity, and frequency if undergoing treatment.
10. Describe strength training guidelines for clients at risk for lymphedema.
11. List lymphedema advisories and lymphedema risk reduction techniques.
12. Demonstrate exercises for the breast cancer client on land and in the water.
13. Identify when to refer clients out to medical professionals.
14. Give examples of how to progress clients through aerobic, strength training and flexibility programming on land and in the water.
15. Understand basic assessment for breast cancer clients.

Outline:

What is Breast Cancer?

Men and Breast Cancer

Research on Breast Cancer and Exercise

Stages of Breast Cancer

Anatomy of Breast Cancer:

The Breast

Muscles

Neurological System

Lymphatic system

Breast Cancer Treatments:

Local Treatments

Systemic Treatments

Post Surgical Implications:

Psychosocial Implications:

Chronic Illness Symptom Cycle

Stages of Reaction to Cancer

Physical Implications:

Pain

Range of Motion

Fatigue

Weight Gain

Peripheral Neuropathy / Sensory Changes

Lymphedema:

- Symptoms and Risk
- Treatment
- Implications and Benefits of Exercise
- Exercise Goals
- Daily Living Recommendations

Exercise Program Design:

- Exercise Goals
- Client Assessment

Exercise Guidelines:

- Range of Motion
- Cardiovascular Recommendations
- Exercise Precautions
- Exercise Contraindications
- Strength Training Guidelines (when at risk for lymphedema)
- Special Considerations for Aquatic Exercise

Sample Exercises:

- Basic Recommendations
- Helpful Hints
- Land Exercises
- Aquatic Exercises

Tips for Marketing Breast Cancer Recovery Classes

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This is a partial list, there are 44 references in the bibliography on the course.