



## **COMPREHENSIVE ONCOLOGY REHABILITATION EXPERT (CORE) Certification Course**

**(4 Days, 35 CE hrs, 8:00am-6:30pm)**

### **COURSE OUTLINE/SCHEDULE**

#### **Day 1:**

7:30 - 8:00am	Attendee Sign-In
8:00 - 8:15am	Pre-test
8:15 - 10:00am	General Oncology Overview
	Statistics, Prevention and Pathogenesis
	Staging, Grading and Diagnostics
	Treatment types (Surgery, Chemotherapy, Radiation, Targeted Therapy, Biotherapies, Hormonal Therapy)
10:00 - 10:15am	Break
10:15am - 12:30pm	Side Effects of Cancer and Treatment
	Cancer pain
	Cancer related fatigue (CRF)
	CIPN (Chemotherapy Induced Neuropathy)
	Chemotherapy induced LE edema
	Oncologic Emergencies: differential diagnosis
12:30 - 1:30pm	Lunch
1:30 - 3:00pm	LAB: Breathing techniques for pain and lymphedema management. Manual release techniques.
3:00 - 3:30pm	Melanoma: Statistics, Diagnoses and Treatment
3:30 - 3:45pm	Break
3:45 - 5:30pm	Breast Cancer: Statistics, Diagnostics and Treatments
	Anatomy and physiology of the breast

	Medical Treatments
	Axillary Webbing Syndrome (AWS)
5:30 - 6:30pm	Lab: Manual techniques of the upper quadrant
	AWS, Myofascial Release, Scapular Mobilizations, Trigger point treatments
	Case Study Issued
6:30pm	Attendee Sign-Out

## **Day 2:**

7:45 - 8:00am	Attendee Sign-In
8:00 - 9:00am	Breast and Melanoma Medical Treatments
	Chemotherapy, Radiation, Targeted treatment, Hormonal Therapies
	Side effects from cancer and treatments
9:00 - 10:00am	Oncology Evaluation Upper Quadrant
10:00 - 10:15am	Break
10:15am - 12:30pm	Lab: MLD for truncal and breast lymphedema
	Elasto-taping and Compression techniques
12:30 - 1:30pm	Lunch
1:30 - 2:30pm	review Case Studies
2:30 - 3:15pm	Lab: Functional exercise/protocols
3:15 - 3:30pm	Break
3:30 - 5:00pm	Head and Neck Cancer
	Statistics and Diagnostics
	Anatomy and physiology of head and neck including lymphatics
	Medical Treatments (surgery, radiation, chemotherapy, targeted therapies)
	Side effects from cancer and treatments
5:00 - 6:30pm	LAB: Therapy Evaluation (head & neck CA)
6:30pm	Attendee Sign-Out

## Day 3

7:45 - 8:00am	Attendee Sign-In
8:00 - 10:00am	Lab: MLD: Head and neck
10:00 - 10:15am	Break
10:15am - 12:30pm	LAB: Treatment for Spinal Accessory Nerve damage and MLD techniques for soft palate and ears
12:30 - 1:30pm	Lunch
1:30 - 3:00pm	LAB: Elastic-taping techniques, Manual and Compression techniques
3:00 - 4:00pm	Gynecologic and Prostate Cancers
	Statistics and Diagnoses
	Medical Treatments (Surgery, Chemotherapy, Radiation, Targeted treatment, Hormonal therapy)
4:00 - 4:15pm	Break
4:15 - 6:00pm	Genital Lymphedema
	Anatomy and physiology of the genital lymphatic's
	Lab: MLD and manual techniques for muscular and scar tissue restrictions
	Lab: Elasto-taping and Compression techniques
6:00 - 6:30pm	Case studies
6:30pm	Attendee Sign-Out

## Day 4

7:45 - 8:00am	Attendee Sign-In
8:00 - 9:00am	Pelvic Floor
	Basic Anatomy and Physiology
	Urinary urge verses stress incontinence
	Side effects of cancer treatment as it relates to the pelvic floor
9:00 - 10:00am	LAB: Training gentle exercises for core and pelvic floor
10:00 - 10:15am	Break
10:15am - 12:30pm	Treating a patient with active cancer
	Special considerations for those with lymphedema, bone metastasis, palliative care and hospice
12:30 - 1:00pm	Lunch
1:00 - 2:00pm	Written Exam
2:00 - 2:15pm	Break
2:15 - 4:00pm	Case Study Presentations
4:00 - 5:00pm	Wrap Up:
	Marketing/Program development
	Questions/Conclusions
	Post-test
5:00pm	Attendee Course Evaluations, Certificates, Sign-Out