

This multi-level course combines lecture and lab to introduce the Pilates Method and how Clinical Pilates can effectively be used in the rehabilitation of breast cancer patients. This course will discuss the common functional and quality of life impairments that complicate contemporary breast cancer treatment. Few breast cancer patients are referred to rehabilitation and many of the impairments discussed in this course are clinically unrecognized. Upon completion of this course, participants will have an improved understanding of the role Pilates based rehabilitation can have in identifying and addressing the physical, cognitive, and emotional challenges encountered by breast cancer patients.

Learning Objectives:

Explain the history and principles of the Pilates Method

Recognize how and why Clinical Pilates is beneficial in rehabilitation

Identify the most common impairments caused by breast cancer treatments

Integrate Pilates exercises into a physical therapy treatment plan for breast cancer survivors

Discuss modifications or contraindications specific to treatment of breast cancer patients

Demonstrate and instruct one Pilates exercise for each phase of rehabilitation

Key References:

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Speaker Credentials/ Bio:

Wendy Farnen Price PT, MS, CPI, STAR Certified Clinician is the owner of Healthcore Physical Therapy & Pilates Studio in Woodbridge, CT. Wendy also serves as a consultant for Oncology Rehab Partners, founded by Dr. Julie Silver from Harvard Medical School. Wendy has extensive experience in oncology, orthopedics and women's health. She has given lectures nationally and has been featured in professional journals and on PT Talker, a national podcast. She is a Certified Polestar Rehabilitation Practitioner and PMA Certified Pilates Instructor. Wendy has additional training and certification in Mindfulness-Based Stress Reduction (MBSR) and Pilates for breast cancer.