




DEBORAH RICZO, PT, DPT, MEd
RICZO HEALTH EDUCATION

Deborah Riczo, PT, DPT, MEd has been a practicing physical therapist for over 30 years, most of which has been spent in clinical practice at MetroHealth Medical Center, Cleveland, OH. Her areas of specialty include women's health, pregnancy/postpartum, sacroiliac dysfunction, lymphedema, breast cancer and industrial rehabilitation. Deborah has been a Women's Health Section member of the APTA for over 30 years, an APTA Orthopedic section member, adjunct faculty and guest lecturer at Cleveland State University DPT program. She has presented at APTA national Combined Section Meetings, state conferences and district meetings. She is the founder of Riczo Health Education which provides courses, speakers and consulting for the health care industry. See abbreviated Curriculum vitae at www.RiczoHealthEducation.com for more detail.



RICZO HEALTH EDUCATION
is dedicated to providing innovative health care education and consulting services to health care professionals and private individuals.

 **BREAST CANCER**
Rehabilitation:
what does the general therapist need to know?

Presented by:
Deborah Riczo, PT, DPT, MEd.

Open to PT, PTA, OT and OTA. OTPTAT Board and OPTA CEU approved. Format: PowerPoint presentation, video, patient exercise handouts, lab, group discussion.
7 CEU's

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RICZO HEALTH EDUCATION

Courses, speakers & consulting for the health care industry

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BREAST CANCER

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what does the general therapist need to know?

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BREAST CANCER *Rehabilitation:*

what does the general therapist need to know?

Physical therapists, physical therapy assistants, occupational therapists, and occupational therapy assistants often are treating someone with a primary or secondary diagnosis of breast cancer/reconstruction but even more often with breast cancer as a part of the past medical history. The type of breast cancer treatment and the compounding problem of lymphedema that can occur anytime after breast cancer treatment is important to understand and consider when developing a plan of care. Literature will be reviewed regarding interventions for breast cancer and lymphedema in medical and physical medicine clinical practice. Lab practice will focus on an introduction and practice in the following: girth measurements, simple compression wrapping, home program lymphatic massage, manual therapy and exercise. The importance of patient education and home program development will be emphasized.

LEARNING OBJECTIVES

At the completion of the seminar, participant will:

- Understand the basic anatomy of the breast and lymphatic system and the pathology that can occur after onset of cancer.
- Demonstrate an understanding of the current medical treatment for breast cancer, breast reconstruction and lymphedema
- Know current standards of care for the physical medicine treatment of breast cancer, breast reconstruction, and lymphedema.
- Know appropriate tests and measures for the breast cancer patient with and without lymphedema.
- Understand and be able to perform simple compression wrapping, teach appropriate post op breast cancer exercises, lymphatic exercises and home program lymphatic massage.

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PROGRAM/COURSE SCHEDULE

- 7:30 Registration
- 8:00 Introduction/Anatomy, Physiology and Patho-physiology
- 8:45 Breast cancer, Breast reconstruction, Lymphedema Medical and Physical Medicine overview Assessments and interventions
- 10:15 Break
- 10:30 **Lab⁺**: Girth measurement, manual therapy intro (soft tissue scar mobilization/desensitization/myofascial release applications)
- 12:00 Lunch
- 1:00 **Lab**: Lymphatic massage home program
- 1:30 **Lab**: Compression wrapping⁺⁺
- 2:15 Break
- 2:30 **Lab**: Compression wrapping
- 2:45 **Lab**: Kinesio tape demo
- 3:00 **Lab**: Compression pumping demo
- 3:15 **Lab**: Exercise
 - Breast cancer post op exercises
 - Lymphatic remedial exercises
 - Exercise guidelines
- 4:15 Summary/Questions and Answers
- 4:30 Course Evaluations

⁺Lab will consist of practice, PowerPoint slides and video.

⁺⁺Compression supplies will be available.