



Course Title: **Return to Life: Breast Cancer Recovery Using Pilates**

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: ACSM 6.0, COPS-KT 0.6, NSCA 0.5
NFPT 1.0, NCSF 3.0, YMCA 6.0, NSPA 6.0,

Author:

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.

Ann Marie Truro OTR/L

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.

Course Summary:

After breast cancer surgery and treatment women suffer from decreased range of motion, pain, altered body image, lymphedema and loss of function. Cancer is a disease that affects mind and body. Using a holistic approach such as Pilates can help survivors regain a connection to their bodies and thus facilitate their "return to life."

Through this course, you will learn a three phase program that will facilitate a well organized progression of Pilates mat exercises. You can incorporate Pilates as part of your general exercise program or use Pilates along with a cardiovascular program such

as walking or stationary cycling for a well rounded fitness program even during treatment. You do not have to be a Pilates instructor to use these exercises in group fitness and personal training. Video included for exercises.

Objectives:

Upon completion of this course, you will be able to:

1. Describe both local and systemic treatments.
2. List the effects of treatment and their impact upon physical, psychological and mental performance.
3. List the rehabilitative and exercise implications of breast cancer treatment.
4. Describe the benefits of Pilates.
5. List the principles of clinical Pilates. (Pilates for special populations.)
6. Describe a safe, effective and appropriately challenging program using Pilates.
7. Describe the modifications, indications, and “things to be mindful of” when using a Pilates based approach.
8. Identify a safe, effective, and appropriately challenging Pilates program for this population.
9. Describe one Pilates exercise for each phase of recovery from 1-3.
10. Identify when to refer a client to other health professionals.
11. Describe the assessments used to identify baseline physical performance including posture, flexibility, PAR- Q, and circumferential measurements.
12. Describe one exercise for each phase of recovery post TRAM Flap.

Outline:

Words of Wisdom

What is Breast Cancer?

Most Common Types of Breast Cancer

Jane's Journey

Psychological, Psychosocial and Cognitive Effects of Breast Cancer:

Psychological Effects

Psychosocial Effects

Cognitive Effects

Jane's Surgical Journey

Surgical Options for Breast Cancer:

Modified Radical Mastectomy

Radical Mastectomy

Simple Mastectomy

Skin Sparing Mastectomy

Lumpectomy

Axillary Lymph Node Dissection

Drains and Lymph Nodes
Anatomical Structures Affected by Breast Cancer Surgery
Breast Cancer Rehabilitation:

Ideal for Function
Common Scenario
When Treatment Ends

Rehabilitative Issues:
Conditions Associated with Breast Cancer Surgery
Radiation
Systemic Treatments

Professional Responsibilities: Health Screening/ Assessment:
General Guidelines
Questions to Ask Your Client
Recommended General Assessments

What is Pilates?
Pilates Principles
Pilates Equipment
Pilates Pearls

Benefits of Pilates for Breast Cancer Survivors

Pilates Anatomy:
Transversus Abdominis -TA
What is the Pelvic Core?
The Core
Secondary Muscles in the Core
The Shoulder

Pilates Principles Practical Application
Pilates Exercises for Breast Cancer Recovery:
Phase 1 Exercises
Phase 2 Pilates Exercises
Phase 3 Pilates Exercises

Options after Mastectomies:
Breast Prosthesis
Breast Implants
Breast Reconstruction

Take Home Message
Resources

Bibliography:

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4. Aaronson, N. Reconnecting Through Pilates Women and Cancer Winter 2007.
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15. Betz, S. Modifying Pilates for Clients with Osteoporosis www.therapilates.com/PDF/modifyingpilates.pdf.

(This is a partial list, there are 122 references in the bibliography on the course.)