

## Breast Cancer Rehabilitation & Wellness Summit 2022

**Launch Week: Each program will be available for 24hrs from 9am AEST**

**Beyond launch week: Free access via supporter websites or purchase personal/website access**

1. Updates on medical imaging to support health following Breast Implant/s.  
Danielle Valoras USA
2. Deep dive on nature-based life choices when quality of life is considered.  
Milagros R. Elia, APRN, ANP-BC USA
3. Creating legislation changes “Black Box “warning for breast Implants.  
Robyn Towt USA, <https://www.gpacunited.org/> Terri Diaz [bisa.terridiaz@gmail.com](mailto:bisa.terridiaz@gmail.com)
4. Finding your best healthy breathing style.  
Kimberley Rose USA, <https://www.breathworkwithkimberlyrose.com/>
5. Products that can help manage vaginal dryness.  
Beth Hoag Physical Therapist Canada, <https://bethhoagphysio.ca/>
6. A novel gentle stretch (neuro-vascular release) to reduce tension within the skin and muscles created by vascular tension.  
Denise Stewart Occupational Therapist, Australia <https://www.breastandshoulder-rehab.com/>
7. The highlights of a PhD thesis investigating high and low upper body physical function in the first 2 years following breast cancer diagnosis and treatment. Jacquelyn Marie Maciukiewicz Master of Sc: Kinesiology, Canada, [jmmaciukiewicz@uwaterloo.ca](mailto:jmmaciukiewicz@uwaterloo.ca)
8. Prepping for breast reconstruction, your rehab needs explained.  
Shaloo Choudhary Occupational Therapist, USA, [shaloochoudhary@hotmail.com](mailto:shaloochoudhary@hotmail.com)
9. How a solo therapist initiated and conducted a pilot scar management program with third party funding. Hannah Poulton Physical Therapist, UK [hannah@hlp-therapy.co.uk](mailto:hannah@hlp-therapy.co.uk)
10. Managing changes to the body following radiotherapy.  
Jen Mckenzie Physiotherapist, Australia, <https://www.themckenzieclinic.com.au/>
11. A research project investigating SMS messaging to support people during cancer treatment. Dr Anna Singleton Researcher, Australia [anna.singleton@sydney.edu.au](mailto:anna.singleton@sydney.edu.au)
12. Serratus anterior fatigue and secondary changes to the shoulder girdle (not breast cancer specific).  
Mark Timmons (Physical Therapist/Researcher USA)
13. Better sleep: A step by step consultation package. Dr Anithia NZealand [doctoryourlife1@gmail.com](mailto:doctoryourlife1@gmail.com)
14. Online oncology educational and awareness service for health professionals in India. Gnanasekar <http://www.gracephysio.in/>
15. Feel for rib changes Beth Hoag Physical Therapist Canada, <https://bethhoagphysio.ca/>
16. Taping to manage cording Dr Andrea Leifer Physical Therapist USA
17. Taking action at work and self care / Pivoting Tara Gates Occupational Therapist USA

**All Launch Times are Australia- AEST**

**Following the launch the entire program will be available at sponsor websites found at**

**<https://www.breastcancer-rehabandwellness.com/>**

Monday 9<sup>th</sup> May 9am- May 10<sup>th</sup> 9am

1. Updates on medical imaging to support health following Breast Implant/s.  
Danielle Valoras USA
2. Deep dive on nature-based life choices when quality of life is considered.  
Milagros R. Elia, APRN, ANP-BC USA
3. Feel for rib changes      Beth Hoag (Physical Therapist Canada)

Tuesday 10<sup>th</sup> May

1. Creating legislation changes “Black Box “warning for breast Implants.  
Robyn Towt USA
2. Products that can help manage vaginal dryness.  
Beth Hoag (Physical Therapist Canada)
3. Finding your best healthy breathing style. Kimberley Rose USA

Wednesday

1. A novel gentle stretch (neuro-vascular release) to reduce tension within the skin and muscles created by vascular tension.  
Denise Stewart (Occupational Therapist, Australia)
2. The highlights of a PhD thesis investigating high and low upper body physical function in the first 2 years following breast cancer diagnosis and treatment.  
Jacquelyn Marie Maciukiewicz (Master of Sc: Kinesiology, Canada): PART 1
3. Taking action at work and self-care / Pivoting  
Tara Gates Occupational Therapist USA

Thursday

1. The highlights of a PhD thesis investigating high and low upper body physical function in the first 2 years following breast cancer diagnosis and treatment.  
Jacquelyn Marie Maciukiewicz (Master of Sc: Kinesiology, Canada):Part 2
2. Prepping for breast reconstruction, your rehab needs explained.  
Shaloo Choudhary (Occupational Therapist, USA)
3. How a solo therapist initiated and conducted a pilot scar management program with third party funding. Hannah Poulton (Physical Therapist, UK) Part 1

#### Friday

1. The highlights of a PhD thesis investigating high and low upper body physical function in the first 2 years following breast cancer diagnosis and treatment. Jacquelyn Marie Maciukiewicz (Master of Sc: Kinesiology, Canada):Part 3
2. How a solo therapist initiated and conducted a pilot scar management program with third party funding. Hannah Poulton (Physical Therapist, UK) Part 2
3. Managing changes to the body following radiotherapy Jen Mckenzie (Physiotherapist, Australia)
4. Care after mastectomy Eryn Price ( Massage Therapist Canada)

#### Sat

1. A review of a research project investigating SMS messaging to support people during cancer treatment. Dr Anna Singleton (Researcher, Australia)
2. Serratus anterior fatigue and secondary changes to the shoulder girdle (not breast cancer specific). Mark Timmons (Athletic Trainer, Researcher USA)
3. Practice a novel gentle stretch (neuro-vascular release) to reduce tension within the skin and muscles created by vascular tension. Denise Stewart (Occupational Therapist, Australia)

#### Sunday

1. Gaining better sleep: A step by step consultation package. Dr Anithia NZ
2. Online oncology educational and awareness service for health professionals in India
3. Taping to manage Cording Dr Andrea Leifer Physical Therapist (USA)

#### Monday

24 hr Access to all programs - catch up on one's you missed.