

BREAST CANCER REHABILITATION & WELLNESS SUMMIT 2021

VIEW AT: www.breastcancer-rehabandwellness.com (click through to preview or full program 2021)

DAY 1

1. Cancer charity exercise service model and **GoGym** (online) Valerie Duguid (Scotland)
2. A gentle practice to help with anxiety and worry Jennifer Bradley (USA)
3. COVID: having a health advocate with you Dr Kelley Mondesire' Dr Acupuncture and Oriental Medicine (USA)
4. The need for rib repositioning: background research – part 1 Denise Stewart OT (Australia)
5. Healing through scar treatment: For health professionals Jocelyn Kope PT (Dubai)

DAY 2

1. Dealing with Trauma Shaloo Choudhary OT (USA)
2. New bra designs for use in surgery and beyond Rocky Storm (USA)
3. Balancing the nervous system after a breast cancer diagnosis Karen Ashforth OT (USA)
4. BARNES MFR method can be used in managing soft tissue pain Beth Hoag PT (Canada)
5. Care for people with metastatic cancer Dr Leslie Waltke PT (USA)
6. Healing your life with good sleep Dr Anitha R. Sleep Coach (NZ)

DAY 3

1. Breast implant illness: Can we fast track help? Danielle Valoras (USA)
2. How to get help for pelvic health issues Beth Hoag PT (Canada)
3. Tools to manage tight fascia and pain Ainslie McLean CCPI (USA)
4. Integrative medicine and acupuncture Dr Angela Lorbeck Dr Acupuncture and Oriental Medicine (USA)
5. ALND: a new assessment method for health professionals Denise Stewart OT (Australia)
6. Safe exercise screening tool for health professionals Susannah Haarmann PT (USA)

DAY 4

1. **Bounce Back** from breast cancer online (exercise+) support Kate Perkins OT (Australia)
2. What to do when radiation fibrosis adds to your trauma Shaloo Choudhary OT (USA)
3. Seven types of fibrosis Karen Ashforth OT (USA)
4. Move from daily activity & physical activity to exercise Jenny Spencer ON CPT (USA)
5. Self-Care after mastectomy Denise Stewart OT (Australia)

DAY 5

1. Conquering Hormonal Therapy side-effects Kristin Carroll PT (USA)
2. The value of Pilates reformer & tower exercises + two recovery tips Ainslie McLean CCPI (USA)
3. Healing through intimacy and sexuality Dr Fran Fisher Clinical Sexologist (USA)
4. Healing with therapeutic music Amy Camie Certified Clinical Musician USA/GLOBAL
5. **RESTORE** shoulder education program (health professionals) Patrice de Peiza OT ND (Canada)
6. Pec minor assessment (health professionals) David Ebaugh PT (USA)

DAY 6

1. **BRAVE** coalition: equal access to breast reconstruction Christine Grogan (Global)
2. Gentle rib repositioning practice – part 2 Denise Stewart OT (Australia)
3. Tips to introducing exercise to oncology clinics Jenny Spencer ON CPT (USA)
4. PODCAST for PT starting oncology Elise Cantu Physical Therapist (USA)
5. Scar Tissue Management – Timing Matters Catherine Ryan Registered Massage Therapist, Author (Canada)

All presentations will be open to viewing for 24 hours during LAUNCH WEEK ONLY

After Day 7: The full program can be viewed freely from a website supporter. They will be listed at the Summit website.

The **PREVIEW PROGRAM:** Each full presentation is available in a 3-5 min video. Introduce people to this Summit resource by sharing individual videos. The Summit website is linked at each preview video.

PURCHASING the Summit 2021 program access link is a way of financially supporting the Breast Cancer Rehabilitation & Wellness Summit project.

