



MASSAGE THERAPY PROTOCOLS FOR WOMEN AFTER BREAST CANCER SURGERY

An Evidence-Based Course

APRIL 10 – 11, 2010

Presented by
Linda Jo Canyon, OTR/L

**Approved by the National Certification
Board for Therapeutic Massage and
Bodywork (NCBTMB): 14 CE hours.**

Rocky Mountain Institute of Healing Arts
98 Everett Street, Suite F
Durango, CO 81303
(970) 385-5142
info@instituteofhealingarts.com

*approved and regulated by the Colorado Department of Higher
Education, Division of Private Occupational Schools Board*

WHY THIS COURSE IS IMPORTANT TO YOUR PROFESSIONAL DEVELOPMENT

This two day course will give massage therapists everything they need to develop a comprehensive post breast cancer surgery treatment integrating mind, body and spirit. A thorough presentation of the pathology of breast cancer, risk factors, early detection and prevention, specific surgical and reconstructive procedures, muscular, lymphatic, nerve and fascia involvement, staging, radiation and systemic treatments and side effects will be given to facilitate direct development of appropriate therapeutic massage. The psycho-social aspects of breast cancer and treating clients of diverse cultural backgrounds will also be discussed. Hands-on and in-depth lab instruction will be given on scar and soft tissue mobilization, manual stretch, skin care and lymphedema prevention and lymph drainage massage. Contemporary research shows that integrative health using complementary therapies; such as massage therapy, relaxation techniques, aromatherapy and exercise during cancer treatment enhances the outcomes of traditional radiation and chemotherapy. Participants will also learn the necessary aspects of effective marketing and clinician and client education.

COURSE OBJECTIVES

Upon completion of this course the participant will be able to:

- Thoroughly understand breast anatomy, breast cancer pathology and the muscular, tissue, nerve and lymphatic involvement of surgery and reconstruction procedures
- Understand risk factors and myths and the importance of early detection of breast cancer
- Perform the MammaCare method of breast self-exam
- Understand radiation, chemotherapy and hormonal treatment, the side effects of each and the implications for and importance of massage therapy
- Have an awareness of the many psycho-social aspects and various cultural views of breast cancer
- Evaluate, plan and implement individualized massage therapy techniques for clients after any type of breast cancer surgery
- Confidently perform post surgery scar and soft tissue mobilization
- Have a thorough understanding of skin care and lymphedema prevention
- Know the correct pressures to apply to the affected areas during lymph drainage massage and therapeutic massage
- Develop comprehensive post breast cancer surgery marketing and client and clinician education plans

ABOUT THE EDUCATOR

Linda Canyon, OTR/L has been specializing in post breast cancer surgery rehabilitation and lymphedema management for the past 14 years; having pioneered these programs in the Four Corners Region of the Southwest. She graduated with degrees in Occupational Therapy and Psychology in 1979 from The College of St. Catherine in St. Paul, Minnesota. She currently practices at the San Juan Regional Cancer Center in Farmington, New Mexico and has rehabilitated well over a thousand women of diverse cultural backgrounds following breast cancer surgery. She has worked in home health, hospital, inpatient and outpatient rehab settings including on the Navajo and Jicarilla Apache reservations as well as the cancer treatment center in Durango, CO. She has held seminars in New Mexico and Colorado on post-breast cancer surgery rehab and lymphedema management and is a certified trainer for clinicians in the MammaCare method of breast exam. With funding from the San Juan Medical Foundation and filming by Northern Navajo Medical Center Media Production, and in conjunction with an oncology nurse and a Navajo breast cancer survivor, she developed an educational DVD in Navajo (with English subtitles) on lymphedema prevention and treatment and post surgery exercises that won Telly national healthcare education awards in three categories.



DAY ONE (APRIL 10, 2010)

- 7:30-8:00 **Registration**
- 8:00-8:15 **Course overview and objectives**
- 8:15-9:00 **The Breast**
- Breast anatomy and physiology
 - Stages of breast development
 - Risk factors for developing breast cancer and myths
- 9:00-9:45 **Detection of Breast Cancer**
- MammaCare method of breast self-exam
 - Clinical breast exam
 - Mammogram, ultrasound, MRI
- 9:45-10:00 **Break**
- 10:00-10:30 **Pathology and Diagnosis of Breast Cancer**
- Types of breast cancer
 - In Situ
 - Invasive/Infiltrating
 - Inflammatory/Paget's disease
 - Diagnosis
 - Needle Biopsy; Surgical Biopsy
- 10:30-11:15 **Surgical Procedures**
- Full or Complete Radical Mastectomy
 - Modified Radical Mastectomy
 - Simple or Prophylactic Mastectomy
 - Skin-Sparing Mastectomy
 - Partial Mastectomy
 - Lumpectomy with Axillary Dissection
 - Sentinel Lymph Node Biopsy
 - Jackson-Pratt Drains
 - Port-a-Cath (Vascular Access Device)
- 11:15-11:45 **Staging of Breast Cancer**
- Tumor Size
 - Lymph Node Status
 - Metastases
 - Stage I, II, III, IV
 - Recurrent Breast Cancer
- 11:45-1:00 **Lunch** (on your own)
- 1:00-2:00 **Reconstructive Surgery or Prosthesis**
- Women's Health and Cancer Rights Act
 - How reconstructive decisions are made
 - Breast Implants with Tissue Expanders
 - Autologous (Body Tissue) Reconstruction
 - Prosthesis
- 2:00-2:45 **Treatment Procedures**
- Tumor Board
 - Radiation Therapy and Side Effects
 - Systemic Therapy (Chemotherapy or hormonal therapy) and Side Effects
 - Importance of Integrative Health using Complementary Therapies

2:45-3:00 **Break**

3:00-4:00 **PsychoSocial Implications/Cultural Considerations**

- Breasts in Society – Functional vs. Sexual
- Emotional Issues Nerve Damage and Neuropathy
- Changes in Body Image
- Effects on Family
- Single Women and Dating
- Changes in Intimate Relationships
- Support Groups
- Native American, Spanish and Latin American

4:00-4:30 **Questions and Review**

DAY TWO (APRIL 11, 2010)

7:30-8:00 **Check in**

8:00-9:00 **Post-Surgery Complications**

- Mondor's Syndrome/Axillary Web Syndrome/Cording
- Nerve Damage and Neuropathy
- Shoulder Problems
- Lymphedema

9:00-9:30 **Skin Care and Lymphedema Prevention**

- Overview of Lymphatic System
- Skin Care Precautions
- Compression Garments

9:30-10:00 **Initial, Advanced Post Surgery Therapeutic Exercise** (Lab)

10:00-10:15 **Break**

10:15-11:45 **Lymph Drainage Massage/Scar and Soft Tissue Mobilization** (Lab)

- Lymph Clearing
- Diaphragmatic Breathing
- Mobilization Techniques
- Manual Stretch and Scar Massage
- Patients undergoing Radiation
- Instructing Clients in Self-Massage

11:45-1:00 **Lunch** (on your own)

1:00 -2:30 **Developing Effective Treatment**

- Contraindications
- Evaluation and Treatment Planning
- Brief Fatigue Inventory and Pain Assessment
- Palliative Care
- Hospice

2:30-2:45 **Break**

2:45-3:30 **Case Studies**

3:30 – 4:00 **Marketing and Educating**

- Surgeons, Oncology Teams and Clients

4:00-4:30 **Questions and Review**



Linda Jo Canyon is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.
Provider # 451135-09.

This course is offered for 14 CE hours.

ONLY \$299

**IF YOU REGISTER ON OR BEFORE 3/15/10
AFTER 3/15/10: \$399**

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