

March 29, 2025

EM366: Breast Cancer: from Diagnosis to Rehabilitation



LISA MANTOVANI

Pt, MSc, OMPT, IMTA®
Teacher



SARA MANTOVANI

Pt,



FRANCESCO BETTARIGA

BSc, MSc, PhD candidate



ALESSANDRA HUSCHER

MD,



SILVIA LUNARDON

Pt,



MARIA VITTORIA PADOVANI

Breast cancer is the leading cancer diagnosed in the Italian female population, with a slightly increasing incidence rate but a steadily decreasing mortality rate. This is thanks to preventive screening and ongoing research into diagnostic techniques and medical-surgical treatments.

After breast surgery or treatments such as chemotherapy and radiotherapy, complications can arise that affect patients' quality of life, including from a motor point of view. Fundamental is the role of the physiotherapist experienced in breast rehabilitation, who can intervene before, during, and after treatments.

In this new edition, in addition to providing the theoretical knowledge necessary for the comprehensive evaluation of the breast cancer patient and the practical knowledge to be able to manage the needs of this type of patient and any post-treatment complications, we have included a part dedicated to the taking charge and relational approach, with an experienced colleague.

We also considered it essential to supplement the previous course with two days dedicated exclusively to exercise oncology, with colleague Francesco Bettariga. National and international guidelines, as well as scientific research, increasingly point to the importance of exercise in all phases of prevention and treatment of the cancer patient. It is therefore imperative for those involved in this area of physical therapy to have the theoretical and practical knowledge of exercise management in the various phases of treatment.

There is ample space in the course for practical parts both with demonstration by the lecturers and

rehearsals among participants. The course is based on the latest scientific evidence, with special attention to the topic of therapeutic education and exercise, which are fundamental to the management of cancer patients in the various stages of care.

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30 Seats	€1,330.00	40 Hours	50 ECM
INTENDED FOR	PAYMENTS	CALENDAR	LANGUAGE
Doctors, Physiotherapists	Deposit €550.00 within 7 days from the registration 2 nd deposit €390.00 by date March 14, 2025 Balance €390.00 by date April 28, 2025 Total: €1,330.00	I Module : 29-30 March 2025 II Module: dal 16 al 18 May 2025 III Module: 01-02 June 2025	Italian
COURSE LOCATION: EDUMED - Via Della Badia, 18 - 25127 - Brescia (BS)			
PAY ATTENTION!			
EARLY BOOKING ENROLLMENTS BY 31/01/2025 for combined registration: 1280€ (save 50€).			

SCHEDULE

PROGRAM

DAY 1 THEORY (9 a.m.-1 p.m. and 2-6 p.m.) Saturday, March 29
 Epidemiology, screening programs and diagnostics of breast cancer
 Anatomy and physiology of the mammary gland

Classification of breast tumors
Medical and radiation treatment (neoadjuvant and adjuvant)
Surgical treatment (conservative and demolition)
Breast reconstructive surgery techniques
Post-surgical complications of breast surgery
Complications/side effects of medical and radiation treatments

DAY 2 THEORY AND PRACTICE (9 a.m.-1 p.m. and 2-6 p.m.) Sunday, March 30

The lymphatic system of the breast
Post-surgical complications of physiotherapy relevance: patient assessment
AWS (self-assessment testing, evaluation and treatment) and Mondor syndrome
scarring outcomes (evaluation and treatment)
capsular fibrosis
breast edema: evaluation and treatment
breast treatment after lipofilling
The Post Mastectomy Pain Syndrome
Nerve injuries (intercostobrachial n., long thoracic n.)

DAY 3 THEORY AND PRACTICE (9-12 a.m. and 1-6 p.m.) Friday, May 16

Physiotherapy evaluation: assessment of shoulder, cervical and thoracic spine
Rehabilitation after reconstruction with autologous flaps
Rehabilitation after reconstruction with pre-pectoral prosthesis

DAY 4 THEORY AND PRACTICE (9 a.m.-1 p.m. and 2-6 p.m.) Saturday, May 17

The lymphatic and venous system of the upper extremity
Thoracic stricture and axillary vein syndrome: medical evaluation
Thoracic stricture syndrome: physiotherapeutic treatment
Lymphedema risk and therapeutic surveillance post breast surgery and radiation therapy
Secondary lymphedema of the upper extremity: hints of evaluation and treatment

DAY 5 THEORY AND PRACTICE (9 a.m.-1 p.m. and 2-6 p.m.) Sunday, May 18

Therapeutic education in the person with breast cancer
Communicating with care: counseling and communication for the person with breast cancer

DAY 6

9:00 - 10:15 | Lecture 1: Cancer - Epidemiology.

Introduction to the global cancer landscape. We will discuss its incidence, mortality, and the importance of adopting innovative strategies to improve patients' quality of life.

10:15 - 10:30 | Break

10:30 a.m. - 12:00 p.m. | Lecture 2: Exercise in Cancer

Insight into the benefits of exercise in cancer patients, with a focus on reducing side effects of therapies and improving survival.

12:00 - 13:00 | Lunch Break

13:00 - 14:00 | Lecture 3: The Muscular System as an Endocrine Organ.

We explore the biological mechanisms by which exercise positively affects cancer patients, considering the role of muscle as an endocrine organ.

2 p.m. - 4 p.m. | Lecture 4: Principles of Strength and Conditioning

Learn the fundamentals of strength and conditioning training, tailored to the oncology population, with a focus on intensity, volume, and programming.

16:00 - 16:15 | Break

16:15 - 18:00 | Practice Session 1: Resistance Training.

We put strength training techniques into practice, adapting resistance exercises based on the physical condition of oncology patients.

DAY 7

9:00 am - 10:15 am | Practical Session 2: Aerobic Training.

Practical session on aerobic training, with a focus on how to adapt intensities and volumes for cancer patients during and after treatment.

10:15 - 10:30 | Break

10:30 a.m. - 12:00 p.m. | Lecture 5: The Role of Exercise in Cancer-Associated Comorbidities

Analysis of the impact of exercise on cancer-associated conditions such as diabetes, cardiovascular disease, and obesity, thereby improving overall disease management.

12:00 - 13:00 | Lunch Break

13:00 - 15:00 | Practical Session 3: Power Training

Explores methods of power training, with a focus on innovative techniques to improve patients' quality of life and physical function.

15:00 - 15:15 | Break

15:15 - 17:00 | Practice Session 4: Application of Advanced Exercises in the Oncology Population.

Interactive session on how to customize and apply advanced exercise programs to different types of cancer patients, based on the type and stage of cancer.

17:00 - 18:00 | Practical Session 5: Clinical Cases We will work on real cases to integrate the skills learned during the workshop, with discussions and practical applications on oncology patients.