



# Breast cancer rehabilitation

Wednesday 26th of May 10:00-14:00

Location: Teams (LV, FIN and UA zones)

Anne Kärki

PhD, principal lecturer in physiotherapy, researcher

**Participants:** teachers and master/ PhD students (up to 100 persons)

**Language:** English

No registration needed.

Welcome!

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|--------------|---|
| 10:00 -10:30 | Orientation into the treatment of breast cancer - what should physiotherapist know and why?   |
| 10:30-11:30  | Physiotherapy after breast cancer operation and during chemotherapy & radiation therapy   |
| 11:30-12:00  | Lunch   |
| 12:00-13:00  | Exercise therapy and other treatment modalities<br>Typical impairments, activity limitations and participation restrictions among breast cancer rehabilitees<br><a href="https://pubmed.ncbi.nlm.nih.gov/16040476/">https://pubmed.ncbi.nlm.nih.gov/16040476/</a> |
| 13:00-14:00  | Lymphedema prevention and treatment guidelines<br><a href="https://www.tandfonline.com/doi/full/10.1080/02841860902755251">https://www.tandfonline.com/doi/full/10.1080/02841860902755251</a>   |

Guidance of breast cancer rehabilitees - what do we really know about avoidance of hot bath, sauna, injection/blood test, flight, loading of the operated arm.