



PINK PILATES PROGRAMME EDUCATION AND CERTIFICATION

21, 22, 23 August 2009. Auckland

BECOME A CERTIFIED PINK PILATES BREAST CANCER REHABILITATION PHYSIOTHERAPIST

A PHYSIOTHERAPY AND PILATES BASED CERTIFICATION

The Pink Pilates physiotherapy training course is designed for qualified physiotherapists. This very special three day training course has been carefully developed to help physiotherapists understand the entire breast cancer process from diagnosis to treatment, recovery, prevention of treatment side effects, and contraindications.

The Pink Pilates programme is designed to facilitate recovery from mastectomy, lumpectomy, and breast reconstructive surgery including TRAM flap, LAT flap and breast implant reconstruction. It aims to help reduce the risks of treatment-related side effects such as lymphoedema, shoulder problems, scar tissue formation, fatigue, and weight gain. The programme is dedicated to helping women diagnosed with breast cancer regain their physical strength, improve their body confidence and incorporate exercise into their lifestyle.

This is a comprehensive 3 day training course covering:

- anatomy, diagnosis and staging of breast cancer
- medical and surgical management of breast cancer
- immediate and delayed breast reconstruction techniques
- assessment, screening and management for the integumentary, cardiopulmonary and musculoskeletal systems
- adjuvant therapies, limitations and implications
- breast cancer related lymphoedema
- management of patients after breast reconstruction
- management of fatigue
- exercise protocols and guidelines
- periodisation and phases of recovery
- movement sequencing and exercise prescription
- psychology of the breast cancer patient

ONCE YOU ARE CERTIFIED:

– the Pink Pilates Trust will provide funding for a percentage of each pink pilates participant's treatment costs. The Pink Pilates Trust is a Charitable Trust set up to support women with breast cancer through the pink pilates programme. The Trust offers funding for all women within 2 years of their cancer diagnosis for a maximum of 10 sessions.

– we will supply a comprehensive physiotherapy resources pack developed for the pink pilates programme including assessment forms, new client information packs, initial marketing brochures, standard medical referral information and promotional packs, initial referral pads, client exercise and educational handouts and questionnaires.

– we will provide pink pilates marketing for your physiotherapy clinic including your physiotherapy practice details on our website and any nationwide pink pilates promotions.

– we will provide a pink pilates course manual educational and client resource.

– there will be a continuing professional development programme presenting the latest advances in breast cancer research in exercise, lymphoedema, surgery, physiotherapy best practice, peer review, case study presentations, guest speakers from the breast cancer medical profession.

– and you will have the opportunity to participate in the inaugural breast cancer physiotherapy network there is currently no oncology 'special interest' group within NZ physiotherapy therefore this network will provide ongoing professional support.

COST OF THE PINK PILATES TRAINING COURSE = \$950.00

COST OF PINK PILATES CERTIFICATION* = \$300.00

** You have to be a certified Pink Pilates Physiotherapist in order to receive funding from the Pink Pilates Trust.*

INCREASE YOUR MARKETABILITY AND MAKE A DIFFERENCE TO WOMEN RECOVERING FROM BREAST CANCER!

Requesting Applications for the 2009 Pink Pilates Education and Certification Programme from Physiotherapists working in or around Kaitaia, KeriKeri, Whangarei, East Auckland, Rotorua, Taupo, Wanganui, Palmerston North, Nelson, Greymouth, Timaru, Westcoast, South Island and Invercargill.

Visit www.pinkpilates.co.nz for an application form.

**All expressions of interest to Lou James
email info@pinkpilates.co.nz**

Designed and delivered by:

Lou James and Dr Sonja Freese

Lou James BHS_c (pty), MNZSP : Physiotherapist, Founder & Programme Director of Pink Pilates.

Lou has postgraduate training in clinical pilates completed in Adelaide and Miami, and is a Certified Breast Cancer Exercise Specialist.

Lou specialises in the design of individualised exercise rehabilitation programs for clients with specific medical limitations.

Sonja Freese MBChB, FASBP : Breast Physician, Clinical Director of Pink Pilates.

Sonja has 13 years experience as a breast physician and works in the public and private sector.

She has a special interest in the diagnosis and management of breast disease, as well as the education of healthcare workers and consumers.