

2016 Asia Pacific  
Lymphology  
Conference

New Networks - New Solutions  
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Hosted by:



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## Post Conference Workshop

Title	Assessment and Treatment of Soft Tissue Problems Post Breast Cancer Surgery
Presenter	Denise Stewart, BOccThy, Director, Breast and Shoulder Rehab, Brisbane
Duration	3 hours
Date/time	Sunday 29 May 2016, 9.00 am to 12.00 pm
Venue	Vibe Hotel, Darwin Waterfront, 7 Kitchener Drive, Darwin
Learning Objectives	<p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Assess and treat common complications that cause pain and movement impairment post breast cancer treatment.</li> <li>• Use the Arm to Ear Test and Reach-out-the-Back Test to assess shoulder movement and cording.</li> <li>• Understand the difference between these two tests and shoulder flexion and abduction ROM test.</li> <li>• Assess mastectomy scars using 2 techniques.</li> <li>• Evaluate scar assessment tools mentioned in the research literature (rating scales and objective measures).</li> <li>• Know the limitations of scar rating scales for breast cancer scars.</li> <li>• Understand the value of Lewit Level 1 stretch or PIR for this client group.</li> <li>• Use Lewit Barrier Release Technique for treatment of mastectomy scar adhesions and cording.</li> <li>• Set realistic recovery goals for upper limb recovery post breast cancer, based on research on chronic shoulder dysfunction.</li> </ul>