



## SYLLABUS

### Course Title:

Oncology Foundations for the Pelvic Health Rehab Clinician

### Course Instructor:

Alexandra Hill, PT, DPT, CLT-LANA

Board-Certified Oncology and Women's Health Clinical Specialist

### Course Description:

This 10.5-hour course is designed for pelvic health rehab clinicians to gain knowledge on foundational cancer concepts and the role of pelvic health rehab for cancer survivors. This course focuses on cancer epidemiology and disparities, cancer pathophysiology, cancer diagnosis and treatment, the role of rehab along the cancer continuum, review of systems and objective examination, exercise prescription for cancer survivors, and wellness and health promotion. This is a didactic course with multiple case studies; no labs are included. All modules and case examples are pelvic cancer focused.

*\*\*The intermediate OncoPelvic PT course, "[Pelvic Oncology Rehabilitation](#)", will go in-depth for each pelvic cancer including specific diagnosis and treatments, pelvic health evaluation and focused treatment interventions, and lab videos. Taking the "Oncology Foundations for the Pelvic Health Rehab Clinician" course, or similar basic/general oncology course, is **required as a pre-requisite** to take the "Pelvic Oncology Rehabilitation" course. Please email [hello@oncopelvicpt.com](mailto:hello@oncopelvicpt.com) with questions.\*\**

### Learning Objectives:

By the end of this course, the learner will be able to:

1. Describe cancer epidemiology and cancer health disparities
2. Understand general cancer terminology
3. Identify primary methods of diagnosing cancer
4. Discuss primary cancer treatments and side effects
5. Describe the role of rehab throughout the cancer survivorship continuum
6. Understand how to implement a thorough review of systems and examination for cancer survivors
7. List common cancer-related precautions and contraindications for rehab participation
8. Describe exercise principles for cancer survivors

**Modules and Run Time (minutes:seconds)**

Intro and Module 1: Epidemiology, Disparities, and Impact of Cancer (38:26)

Module 2: Cancer Terminology and Pathophysiology (42:22)

Module 3: Diagnosing Cancer (29:26)

Module 4: Cancer Treatments (1:44:12)

Module 5: Rehab Through the Cancer Continuum (42:19)

Module 6: Review of Systems and Examination (3:55:42)

Module 7: Critical Considerations (32:22)

Module 8: Exercise Prescriptions (50:20)

Module 9: Wellness and Health Promotion (34:30)

Post-Course Quiz (32:00)

**Post-Professional Learning Level:**

Beginner/Basic

**Additional OncoPelvic PT Courses:**

Please go to <https://www.oncopelvicpt.com/for-clinicians> for a full list of continuing education courses

**Questions/Comments:**

Please email us at [hello@oncopelvicpt.com](mailto:hello@oncopelvicpt.com)