

PINC & STEEL INTERNATIONAL
MOVING BEYOND CANCER

PINC
Cancer Rehabilitation

INTRODUCTION: PINC Cancer Rehabilitation Certification

Working to achieve excellence in health and wellness outcomes for women affected by cancer

Welcome to Physiotherapists & Occupational therapists from:

- New Zealand
- Australia
- United Kingdom
- Ireland
- America
- Canada
- India
- Brazil
- South Africa
- Dubai
- Uganda
- Iceland

Course Objectives

- To help physiotherapists & occupational therapists understand the entire cancer process from diagnosis to treatment, recovery, prevention of treatment side effects, and contraindications
- To facilitate recovery from all cancer and reconstruction surgeries
- To help reduce the side-effects of treatment
- To promote individual rehabilitation for all women affected by cancer
- Understand the philosophy of the PINC Program
- To empower women diagnosed with cancer and inspire them to take their rehabilitation seriously

THE HISTORY AND VISION BEHIND PINC & STEEL

The History of PINC

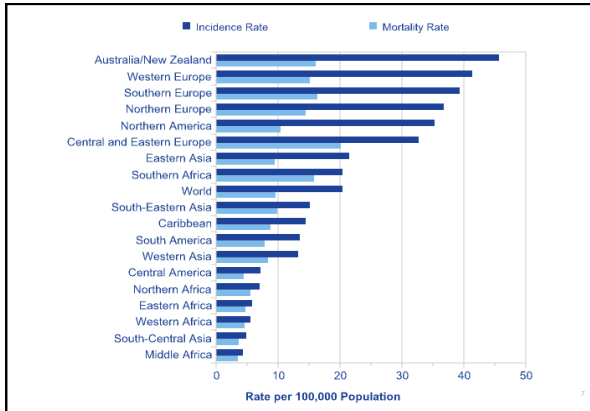
TIMELINE

- 2005 Pink Pilates piloted in Auckland
- 2006 Pink Pilates Trust Formed
- 2008 First Pink Pilates Certification Course for qualified Physiotherapists
- 2009 Pink Pilates services extended to 25 regions in NZ and 2 regions in Australia
- 2011 Pink Pilates Services extended to all cancers
- 2011 Steel launched in New Zealand and Australia
- 2013 rebrand to **PINC Cancer Rehabilitation Program**
- 2018 – Certified Physiotherapists in 11 countries

PINC PROGRAM
GIVING WOMEN WITH CANCER STRENGTH

PINC REPRESENTS :

- P** = Physiotherapists delivering the program
- I** = Individual sessions
- N** = Nurturing to reclaim quality of life
- C** = Cancer rehabilitation



ALL forms of cancer deserve our attention and support

PINC Program Objectives

- To promote the benefits of rehabilitation and exercise prescription for female cancer patients
- To represent people affected by cancer by providing our services in the smaller regions as well as the bigger cities around the world.
- To provide professional support to the qualified therapists providing the service
- To identify and reduce barriers for female patients to ensure they receive appropriate rehabilitation, exercise counseling and management
- To reduce morbidity and mortality

Each person is affected in different ways

- Many cancer patients experience fear, debilitating fatigue, and loss of body confidence
- The PINC Program is prescribed, individualised rehabilitation dependent on the type of cancer, age, fitness level, stage of recovery, type of cancer treatment and the side effects

We have an important role

PINC Cancer rehab therapists are there to teach patients:

- What they can do to help themselves to feel strong again
- Help them understand why their bodies are reacting to the surgery and treatments in certain ways
- Provide information to help them feel more in control of their bodies and their lives again

Cancer survivors have an increased risk of:

- Cardiovascular disease
- High blood pressure
- Diabetes
- Osteoporosis
- Functional decline
- Cancer recurrence or new cancer


All can be reduced by physical activity

Increasingly important public health issue

- Increased women now surviving cancer
- Increased emphasis on quality survivorship worldwide
- world-wide evidence-based research on the benefits of regular exercise
- potential to provide both physical and psychological benefits simultaneously
- despite the reported benefits of exercise, the majority of cancer survivors are not meeting public health guidelines
- may reduce risk of cancer death and cancer recurrence
- Cancer rehabilitation can be expected to emerge as an increasingly important public health issue




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THE PINC PROGRAM is a rehabilitation and fitness programme designed specifically for women diagnosed with cancer


- Provided by certified physiotherapists (or occupational therapists)
- Individualised**, one on one, relevant, patient orientated
- Transitions patient from recovery to fitness and **long-term incorporation of exercise into life style**



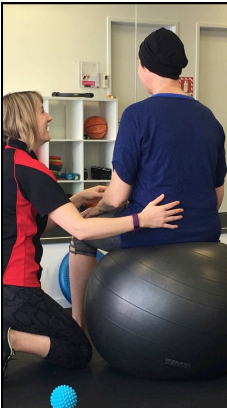
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The PINC Program aims to help patients:

- Optimise physical and functional recovery
- Ease pain and muscular tension
- Help regain strength and mobility
- Increase energy levels and improve breathing
- Strengthen core muscles and improve posture
- Improve physical functioning and maintain independence
- Reclaim body confidence and control
- Reduce treatment related side effects
- Shift focus from illness to wellness




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PINC Program Services

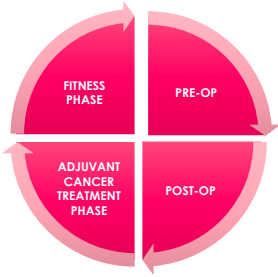

- Manual physiotherapy
- Musculoskeletal & functional assessments
- Scar management
- Joint mobilisations
- Pelvic floor retraining
- Strength & conditioning training
- Breathing technique & education
- Individualised clinical Pilates
- Fatigue management
- Exercise prescription
- Integration into exercise classes, gym or sport
- Getting women back to doing the things they love!**



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PINC&STEEL Phases of Rehabilitation

The individualised rehabilitation programming is chronologically formatted into 4 phases.

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Together we can help more people overcome the significant physical & functional impairments suffered after cancer surgery & treatments that are major barriers to resuming physical activity and quality of life



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