

Lymphedema Management of the Upper and Lower Extremities



Presented by
Elizabeth Augustine, PT, DPT

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PT, OT and PTA - Continuing Education Course

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Day One		
7:30	8:00	Registration
8:00	9:00	Introduction <ul style="list-style-type: none">• Three-day outline• History of lymphedema treatment
9:00	10:00	Definition of lymphedema <ul style="list-style-type: none">• Types of lymphedema• Primary lymphedema• Molecular therapeutic• Secondary lymphedema• Incidence of lymphedema• Signs and symptoms• Grades of lymphedema• Lipedema• Anatomy of the lymph system• Watersheds/lymph ducts
10:00	10:15	Break
10:15	11:00	Physiology of the lymphatic system <ul style="list-style-type: none">• Starlings equilibrium• Physiology of the lymphangion• Pathophysiology
11:00	12:00	Compression bandaging <ul style="list-style-type: none">• Research studies on compression bandaging• Bandaging supplies• Indications for specific types of bandages• When to use foam/chip bags• How to create gradient compression with bandages
12:00	1:00	Lunch (on your own)
1:00	3:00	Compression bandaging (Lab, continued) <ul style="list-style-type: none">• Upper extremity lab
3:00	3:15	Break
3:15	5:00	Compression Bandage (Lab, continued)

Day Two		
8:00	8:30	Review of day one material
8:30	9:00	Compression pumps and other treatments <ul style="list-style-type: none">• Research studies on compression pumps• Research studies on elevation• Research studies on kinesiotaping• Research study on Aquatic Lymphatic Therapy (ALT)
9:00	9:30	Prevention of lymphedema <ul style="list-style-type: none">• Skin care and precautions

Day Two, continued		
9:30	10:00	Assessment techniques/billing <ul style="list-style-type: none">• Perometer• Multi-frequency bioelectrical impedance• Genital Lymphedema• ICD-9 codes/CPT billing codes
10:00	10:15	Break
10:15	12:00	Compression bandaging (Lab) <ul style="list-style-type: none">• Lower extremity bandaging
12:00	1:00	Lunch (on your own)
1:00	3:00	Massage for lymphatic drainage (Lecture/Lab) <ul style="list-style-type: none">• Research studies on lymphatic drainage• Alternative lymphatic pathways• Purpose of lymphatic mobilization• Contraindications for lymphatic mobilization• Basic principles-sequencing• Hand techniques Strokes
3:00	3:15	Break
3:15	5:00	Massage (Lab continued) <ul style="list-style-type: none">• Treatment of the neck• Superficial/deep abdominal techniques
5:00	6:15	Massage (Lab continued) <ul style="list-style-type: none">• Upper extremity lymphedema
6:15	6:45	Upper extremity lymphedema home program
Day Three		
8:00	8:15	Review of day two material
8:15	10:00	Compression garments (Lab) <ul style="list-style-type: none">• Classification of compression garments• Manufacturers of the garments• Alternatives to garments• Three case studies using Circaid for primary lymphedema• Research studies on exercise and lymphedema
10:00	10:15	Break
10:15	11:30	Venous Disorders and lymphedema <ul style="list-style-type: none">• Orthopedic case study and lymphedema• Graves' Disease and pretibial myxedema• Non-Compliant Patient
11:30	12:00	Lunch (on your own)
12:00	1:30	Massage techniques for the lower extremities (Lab)
1:30	2:45	Compression bandaging of the upper & lower extremity (Lab)
2:45	3:00	Questions/Answers

About the Educator

Elizabeth Augustine, PT, DPT received her Bachelors and Masters of Science in Physical Therapy from the University of Southern California, Los Angeles, CA. She received her Doctorate in Physical Therapy from Simmons College, Boston, MA in December of 2006. Her specialty is adult oncology physical therapy. She was senior staff physical therapist and the oncology coordinator for the physical therapy section, rehabilitation medicine department at the National Institute of Health (NIH) in Bethesda, MD from 1994-2005. She was also a consultant to the Breast Cancer Center at the National Naval Medical Center, Bethesda, MD from 1999-2005. Elizabeth is president emeritus of the Oncology Section of the American Physical Therapy Association. She received training in lymphedema management from Doctors John and Judith Casely Smith in Australia. She has been an associate investigator on different NIH intramural oncology research protocols and a NIH extramural grant reviewer on lymphedema. She has published numerous chapters, articles and abstracts related to oncology rehabilitation including lymphedema. Dr. Augustine has lectured extensively on lymphedema to professional organizations and patient support groups. She was a member of the American Cancer Society's work group to develop a brochure on lymphedema for patients diagnosed with breast cancer. She is the recipient of numerous awards for her contributions to oncology rehabilitation. Elizabeth currently resides in Arizona and is practicing as a lymphedema therapist a large acute care hospital. Dr. Augustine's extensive background with cancer and lymphedema is demonstrated throughout her course presentation.



Register early, seating is limited!

Why You Should Attend This Course

This comprehensive three-day course is designed to teach therapists the most current management techniques to effectively treat lymphedema. Recent research studies are thoroughly discussed validating current treatment techniques. Participants will leave this course with the information and techniques needed to immediately begin managing patients with lymphedema. Effective assessment and treatment approaches are thoroughly explained and practiced in the laboratory exercises. Clinicians will gain information pertaining to the manual techniques required to appropriately design a therapeutic treatment approach and self-care program.

Lymphedema may range in severity from mildly annoying with poor aesthetics to severely debilitating and disabling. Regardless of the severity of the patient's lymphedema, pain, decreased range of motion, decreased limb strength and decreased functional abilities are often present. In order to address these issues the therapist needs to understand how to minimize the edema by creating a healthier cell environment while simultaneously working to improve range of motion, strength and function.

Successful functional outcomes with lymphedema patients can be achieved if the therapist has the appropriate clinical skills and current theoretical knowledge of lymphedema. Emphasis must also be placed on teaching the patient to effectively manage their lymphedema. This course provides the therapist with the skills to achieve successful outcomes and develop self-care programs for lymphedema patients. Participants also receive intense practical experience in a small class environment, which prepares the therapist to immediately apply the skills in the clinical setting.

Course Objectives

Upon completion of this course participants will be able to:

- Demonstrate an understanding of the anatomy and physiology of the lymph system.
- Describe the pathophysiology of lymphedema and pathogenesis of common upper and lower extremity lymphedema.
- Understand the common diagnostic procedures for lymphedema.
- Recognize, assess and treat the different classifications of upper and lower extremity lymphedema.
- Perform proper massage techniques to enhance lymphatic flow and explain the physiologic rationale for lymph drainage massage.
- Correctly apply short stretch compression bandages in the treatment of upper and lower extremity lymphedema.
- Perform limb measurements that provide acceptable documentation of outcome measures.
- Instruct patients and health care professionals in precautions and skin care.
- Choose the appropriate compression garments and instruct patients in correct application.
- Develop appropriate individualized treatment programs for successful functional outcomes.

Certificates of attendance are provided upon successful completion of the course.

Registration Form



Name	Profession
Home	
Address	
City	State
	Zip
Credit Card	
Exp.date	Home Phone
e-mail (required)	
Location of attendance	

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.