Day One

7:30 8:00 Registration
8:00 9:00 Signs and symptoms
• Anatomy of the lymphatic system
• Watersheds/lymph ducts
• Definition of lymphedema
• Primary versus secondary lymph edema
• Grades of lymphedema
• Lipedema
9:00 10:00 Physiology of the lymphatic system
• Starlings equilibrium
• Physiology of the lymphangion
• Pathophysiology
• Causes of lymphedema
10:15 10:30 Break
10:30 11:00 Compression bandaging
• Research studies on compression bandaging
• Bandaging supplies
• Indications for specific types of bandages
• When to use foam/chip bags
  • Fibrotic tissue
  • Low versus high density foam
  • Around bony prominences
• How to create gradient compression with bandages
11:00 12:00 Compression bandaging (lab)
12:00 1:00 Lunch (on your own)
1:00 3:00 Compression bandaging (Lab, continued)
• Upper extremity lab
  • Spiral technique
  • Figure 8 technique
3:00 3:15 Break
3:15 5:00 Compression Bandage (Lab, continued)
• Lower extremity lab
  • Spiral technique
  • Figure 8 technique
5:00 6:00 Compression pumps and other treatments
• Compression pumps
• Kinesiotaping
• Aquatic Lymphatic Therapy (ALT)

Day Two, continued

8:00 8:30 Prevention of lymphedema
• Skin care and precautions
8:30 9:00 Assessment techniques/billing
• Perimeter
• Multi-frequency bioelectrical impedance
• Circumferential measurements
• Billing codes
9:00 9:30 Genital Lymphedema
• Scrotal supports
9:30 11:00 Massage for lymphatic drainage (Lecture/Lab)
• Research studies on lymphatic drainage
• Alternative lymphatic pathways
• Purpose of lymphatic mobilization
• Contraindications for lymphatic mobilization
• Basic principles-sequencing
• Hand techniques Stokes
11:00 11:15 Break
11:15 12:15 Massage (Lab continued)
• Treatment of the neck
• Superficial/deep abdominal techniques
12:15 1:15 Lunch (on your own)
1:15 2:15 Massage (Lab continued)
• Axillo-axillary anastomosis
• Axillo-inguinal anastomosis
• Upper extremity
2:15 2:30 Break
2:30 4:00 Massage (lab) continued
• Treatment of neck
• Superficial and deep abdominals
• Axillo-inguinal anastomosis
• Inguinal-inguinal anastomosis
• Lower extremity
4:00 4:30 Compression garments
• Classification of compression garments
• Alternatives to garments
• Measuring for garments how/when
4:30 5:00 Home Exercise Program
• Therapeutic exercise program
• Importance of self-massage
• Ongoing wear of compression

Course Dates & Locations

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About the Educator

Becky Lotz, PT, CLT received her Bachelors in Physical Therapy from the University of Kentucky in May 1994. She received her certification therapy from Lerner Lymphedema Services Academy in January 2000. She started the lymphedema program at Frazier Rehab Institute in Louisville, Kentucky. She is currently an outpatient supervisor and lead lymphedema therapist at Frazier Rehab Institute. She has been responsible for the training and development of additional lymphedema therapists in her inpatient/outpatient organization. Becky has attended the National Lymphedema Network International Conference and is a current professional member of the National Lymphedema Network. Becky currently resides in Louisville, Kentucky and continues to practice as an outpatient therapist in a multi-discipline clinic with her specialty in lymphedema.

Why You Should Attend This Course

This intermediate level two 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. Participant 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. This course is 16 contact hours/1.6ceus

Register early, seating is limited!