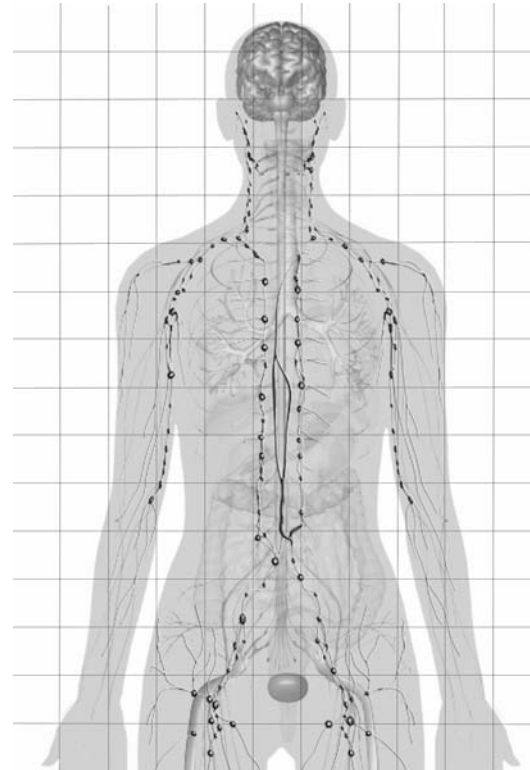


# Advanced Management of Lymphedema

An Evidence Based Rehabilitation Course



An Evidence-Based Rehabilitation Course

Presented by  
**Julia Osborne, PT, CLT-LANA**

North American Seminars, Inc.  
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Certificates of attendance are provided upon successful completion of the course.

This course is 15.0 contact hours/1.50 CEU's  
This course is 18.0 contact hours/1.8 CEUs,  
for District of Columbia, New York, Illinois or Florida licensed therapists.

## Day One

7:30	8:00	<b>Registration</b>
8:00	9:00	<b>Introduction to Program Development and Marketing</b> <ul style="list-style-type: none"><li>Evidence based practice</li><li>Program design</li><li>Marketing strategies and tips for success</li></ul>
9:00	9:30	<b>Clinical Review of Current Guidelines</b> <ul style="list-style-type: none"><li>National Lymphedema Network</li><li>International Lymphedema Framework</li><li>American Lymphedema Framework Project</li></ul>
9:30	10:30	<b>What's New in Lymphedema</b> <ul style="list-style-type: none"><li>Scientific advancement in research</li><li>Recent studies/Bioimpedance</li><li>Evolving clinical concepts</li><li>Current research</li><li>Medical team from isolation to collaboration</li></ul>
10:30	10:45	<b>Break</b>
10:45	12:00	<b>Anatomy of the Lymphatic System – Going Beyond Basic Science</b> <ul style="list-style-type: none"><li>Tissues involved – an in depth look</li><li>The power of the system<ul style="list-style-type: none"><li>Sympathetic nervous system</li><li>Smooth muscle mechanics of skin stretch</li></ul></li><li>Lymph nodes<ul style="list-style-type: none"><li>what happens with node pumps</li></ul></li><li>Direction of fluid movement<ul style="list-style-type: none"><li>perforating lymphatics</li></ul></li></ul>
12:00	1:00	<b>Physiology of Lymphedema</b> <ul style="list-style-type: none"><li>Lymph fluid-inflammatory proteins, fatty acids, cytokines</li><li>Adipose tissue-endocrine function</li><li>Epidermis/Induration-skin failure</li></ul>
1:00	2:00	<b>Lunch (on your own)</b>
2:00	3:00	<b>Treatment Concepts and Goal Setting</b> <ul style="list-style-type: none"><li>Treating the condition of lymphedema</li><li>Treating the lymphatic system</li></ul>
3:00	3:15	<b>Lymphedema Risk Reduction</b> <ul style="list-style-type: none"><li>Key educational pointers for patients</li><li>What patients really need to know</li></ul>
3:15	3:30	<b>Break</b>
3:30	4:00	<b>Patient Evaluation</b> <ul style="list-style-type: none"><li>Measurement categories<ul style="list-style-type: none"><li>Tape, perometry, bioimpedance, tonometer, lymphoscintigraphy</li></ul></li></ul>
4:00	4:30	<b>Head and Neck Lymphedema</b> <ul style="list-style-type: none"><li>Injury, surgery, radiation</li><li>Superficial lymph pathways</li><li>Deep lymph pathways</li></ul>
4:30	6:00	<b>Lecture/Lab: Hands-on Integrated Techniques for Head and Neck Lymphedema</b> <ul style="list-style-type: none"><li>Integrating LMD, muscle, fascia, joint mobs, ULNT techniques<ul style="list-style-type: none"><li>Superficial lymphatic system</li><li>Deep lymph pathways</li></ul></li><li>Discussion: compression, taping</li></ul>

## Day Two

8:00	9:00	<b>UE/Trunk/Breast Lymphedema</b> <ul style="list-style-type: none"><li>Breast/chest related lymphedema</li><li>Axillary Web Syndrome</li><li>Mondor's Syndrome</li><li>Seroma formation</li></ul>
9:00	10:00	<b>Lecture/Lab Hands-on Integrated Techniques for Upper Extremity/Chest/Trunk Lymphedema</b> <ul style="list-style-type: none"><li>Integrating LMD, muscle, fascia, joint mobs, ULNT techniques for<ul style="list-style-type: none"><li>Lumpectomies and mastectomies</li><li>Axillary Web Syndrome/cording</li><li>Seromas</li></ul></li></ul>
10:00	10:15	<b>Break</b>
10:15	11:00	<b>UE/Trunk/Breast Discussion</b> <ul style="list-style-type: none"><li>Compression, taping methods, chip pads</li><li>Compression pumps, laser therapy</li></ul>
11:00	11:15	<b>Lower Extremity/Abdominal/Pelvic Genital Lymphedema</b> <ul style="list-style-type: none"><li>Primary and secondary lower extremity lymphedema</li></ul>
11:15	11:30	<b>Obesity and Lymphedema</b> <ul style="list-style-type: none"><li>Patient management</li><li>Collaboration with medical team</li><li>Patient safety</li><li>Surgical options</li></ul>
11:30	12:00	<b>Lipedema and Lympho-Lipedema</b> <ul style="list-style-type: none"><li>Differential diagnosis</li><li>Patient management</li></ul>
		<b>Lympho-Venous conditions</b> <ul style="list-style-type: none"><li>Vascular Insufficiencies</li><li>Differential diagnosis</li></ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	2:30	<b>Lecture/Lab: Hands on Integrated Techniques for the Lower Extremity</b> <ul style="list-style-type: none"><li>Integrating LMD, muscle, fascia, joint mobs, ULNT techniques<ul style="list-style-type: none"><li>Primary lymphedema clinical considerations</li><li>Secondary lymphedema clinical considerations</li></ul></li><li>Discussion: compression, taping methods</li></ul>
2:30	2:45	<b>Break</b>
2:45	3:55	<b>Lecture/Lab: Hands on Integrated Techniques for Abdominal and Genital Lymphedema</b> <ul style="list-style-type: none"><li>Integrating LMD, muscle, fascia, joint mobs, ULNT techniques<ul style="list-style-type: none"><li>Abdominal lymphedema</li><li>Genital lymphedema</li></ul></li><li>Discussion: compression, taping methods</li></ul>
3:55	4:00	<b>Questions</b>

# About the Educator

**Julia Osborne, PT, CLT-LANA**, graduated with a BSc. (Honors) in Physiotherapy from the University of Cape Town, South Africa. In her years of practice prior to specializing in oncology rehabilitation she gained extensive clinical experience in the treatment of Adult, Geriatric, and Pediatric patients in outpatient and inpatient settings. Her specialty areas, in addition to Oncology Rehabilitation, include Combined Decongestive Therapy, Chronic Pain Management, Advanced Manual Therapy Techniques, and Woman's Health. She is certified in the management of Lymphedema. Over the past six years Julia has focused her career on the development of Oncology Rehabilitation in Physical Therapy. She has developed treatment protocols for post surgical and radiation care, symptom control, patient guidelines for prevention of onset of lymphedema and other secondary complications, and she has developed a lymphedema education & resource center for outpatients. Julia has also authored several course manuals for oncology rehabilitation. These include Clinical Model of Lymphedema Management for PT's, Oncology Rehabilitation Manual for PT's, Post Surgical and Post Radiation Management of Patients with Breast Cancer, and Cancer Survivorship – How can Physical Therapy Make a Difference?

Julia is an Affiliate Faculty member of the Doctor Of Physical Therapy Program at Regis University and teaches an introductory oncology rehabilitation class to students. Public speaking has become a successful addition to Julia's career. She has been a speaker at the APTA 2005 Spring Conference in Denver, CO; and at the Day of Caring 2005 and 2006 Conferences in Denver, CO. She has also conducted 3 and 5 day seminars in Oncology Rehabilitation for HealthOne Medical Centers, and Physiotherapy Associates. Professional groups to which Julia has presented include the American Mammography Annual Conferences, Radiation Oncology at Swedish Medical Center, Sally Jobe Breast Center Physician Conferences, and the Y-Me TeleConferences. Julia is frequently invited to speak at patient support groups and at community events in Denver.

Order the Lymphedema Toolbox™ when you register for this course! Lymphedema Toolbox™New version 3.0

# Why You Should Attend This Course

This two-day advanced seminar provides the information and techniques needed to problem solve through a complex variety of diagnoses relating to the lymphatic system. Complex diagnoses include patients with advanced and aggressive forms of lymphedema; patients with associated co-morbidities such as obesity, diabetes, auto-immune diseases, CHF, inflammation, venous-lymphatic insufficiencies, etc.; patients with differential diagnoses such as thrombosis, venous insufficiency, superior vena cava syndrome; patients with variable diagnoses related to the lymphatic system such as lipedema and primary lymphedema; and patients with complications related to advanced lymphedema such as fistulae, papillomas, and cysts. The course is also designed to expand the clinicians knowledge, insight, and management skills in the treatment of patients with acute/chronic trauma to their lymphatic systems, focusing on Stage 0 – Latency Stage Lymphedema and complications related to seromas, hematomas, axillary web syndrome, and Mondor's syndrome. The hands-on techniques presented in the lab sessions will include a series of specialized, unique, integrated techniques which will in unison address the musculo-skeletal system, the nervous system, the vascular system, and the lymphatic system. Upon completion of the course clinicians will be able to use the integrated techniques specific to this seminar to address the advanced treatment needs of patients with UE complications, LE complications, head and neck complications, groin and genital complications, and abdominal and trunk complications in existing lymphedema conditions. Therapists with prior lymphedema experience will benefit from the application of these advanced clinical treatment techniques that will add leverage to their treatment protocols, optimize the functioning of the lymphatic system, improve the stability of the lymphatic system, and bring about more sustainable results in their patients. The information presented in the course will enhance therapists' ability to develop a continuum of care, lead a multi-disciplined approach, and effectively market new concepts in lymphedema management to the medical community. The course presents evidence-based practice in the management of lymphedema, and includes extensive laboratory time to assist clinicians with their skills in applying integrated techniques to the system, all its contributing co-morbidities, and all its complications. The information obtained in this course can be immediately applied in the clinic to achieve sustainable functional outcomes.

## Course Objectives

**Upon completion of this course, participants will be able to:**

- Understand the anatomy and physiology of the lymphatic system and how to use the anatomy to its best advantage in performing effective lymphatic drainage in complex patients with aggressive and advanced lymphedemas, lipedemas, and primary lymphedemas.
- Advance and integrate lymphatic drainage skills with neuro-musculo-skeletal orthopedic skills to create increased efficiency and greater success in treating patients with UE complications, LE complications, head and neck complications, groin and genital complications, and abdominal and trunk complications.
- Demonstrate the ability to use the hands-on advanced techniques taught in this seminar to treat patients with co-morbidities such as chronic thrombosis, diabetes, CHF, auto-immune diseases; and patients with complications of lymphedema such as seromas, hematomas, severe fibrosis, axillary web syndrome, and Mondor's Syndrome.
- Have a more in-depth understanding of the acute trauma that occurs to the lymphatic system after surgery and radiation therapy so as to broaden treatment protocols and implement early intervention.
- Have the knowledge and tools necessary to shift mind set from treating "lymphedema" as a condition, to treating the "lymphatic system" as it relates to other body systems during periods of acute trauma – a necessary step towards progressive thinking in twenty first century medicine, and in the future development of evidence based research.
- Develop advanced critical thinking skills and clinical decision making skills in the management of patients with lymphedema and all associated co-morbidities and complications.
- Expand knowledge base about bandaging, compression, kinesiotape, and additional products on the market; and know how and when to apply advanced management products to patients.
- Gain and advance leadership skills in the continuum of care and multi-disciplined approach to the management of complex patients.

## Registration Form



Name	Profession
Home	
Address	
City	State Zip
Credit Card	
Exp.date	Phone (required)
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 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.