

# Lymphedema Module 3

February 15 - 17, 2018



## COURSE DESCRIPTION:

This course is open to Certified Lymphedema Therapists who have completed a minimum of 62 hours of prior lymphedema education. Through this course participants will be provided with an updated understanding of the structure and function of the lymphatic system. Participants will receive a combination of lecture and practical workshops on the treatment of special situations; such as head and neck edema, truncal edema, breast edema, and genital edema. This is an intensive course and is hands on including breast drainage, pelvic floor and full body MLD techniques. In addition, a spa style of manual lymphatic therapy will be taught to further expand participant's skills and ability to treat a more diverse range of patients. There will be an opportunity to share creative solutions, products, resources, manual techniques and time to discuss problem cases. There will be an opportunity to teach, learn, and collaborate with classmates regarding skin care and bandaging options, MLT, and other areas. Various commercial compression garments and alternatives will be presented. This is an advanced course and participants will learn from the requirement to prepare and present on topics related to this specialty area. This course consists of 2 hours (.2 CEUs) mandatory pre-course homework, 24 hours (2.4 CEUs) of in-class lecture and hands on labs, and 8 hours (0.8 CEUs) of Post Course Assignments (see below for requirement).

## TARGET AUDIENCE:

OTs, PTs, OTAs, PTAs, RNs, LPNs, MDs, DOs and ATs who are certified lymphedema therapists and have taken the Comprehensive Lymphedema and Venous Edema Management 6 day course from UWM or have an accumulated at least 62 hours of classroom / lab lymphedema course work from another institution (copy of these course attendance certificates required with registration).



## PRIMARY INSTRUCTOR:

Mike Bond, MS, PT, CLT-LANA, CI-CS has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual therapy, soft tissue mobilization, myofascial release (MFR), and Kinesio Taping in addition to many years' experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a large home health and hospice agency. In addition to treating patients, he supervises the work of numerous staff that have been trained in various lymphedema certification programs. Having a background as a therapist he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the lymphedema client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings. He is very active in treating, consulting, and teaching about lymphedema wherever and whenever he finds a place for it. He joined the staff at UW-Milwaukee in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management course and Lymphedema II: The Next Level and Lymphedema: Module III. He is invested in this education due to both personal and professional reasons.



## CONTENT FOCUS

Domain of OT: Areas of Occupation  
 Occupational Therapy Process: Evaluation, Intervention, and Outcomes

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### AGENDA

#### Day 1

- 7:30 AM Registration Begins
- 8:00 AM Introductions
- 8:45 AM Review of anatomy and physiology of the lymphatic system
- 10:00 AM Break
- 10:15 AM Continue: Review of anatomy and physiology of the lymphatic system
- 12:30 PM Lunch on own
- 1:15 PM (LAB) Lymph node placement, skin care, skin inspection, self-measuring (Bring a skin care product, lotion, or cleanser – to be assessed)
- 3:15 PM Break
- 3:30 PM Drawing lymphotomes / Watersheds and looking at drainage patterns (lab clothes, washable markers)
- 5:15 PM Adjourn

#### Day 2

- 8:00 AM Show and tell of student bandaging options and demonstrate bandaging options (4 layer, alternative bandaging methods, slipping prevention options)
- 10:15 AM Break
- 10:30 AM Continue: Bandaging options
- 12:30 PM Lunch (on your own)
- 1:15 PM Skin care options share and review and demonstrate skin care cleansing and options (exfoliation with oils and with L'Bri, goats milk)
- 3:00 PM Break
- 3:15 PM MLT / MFR and tissue stacking
- 4:15 PM Intra-oral MFR
- 5:00 PM Soft palate massage
- 5:15 PM Adjourn

#### Day 3:

- 8:00 AM Head and Neck Edema Basic to advanced drainage
- 10:00 AM Break
- 10:15 AM Breast Drainage Basic to advanced
- 12:30 PM Lunch (on your own)
- 1:15 PM Pelvic floor drainage options
- 3:00 PM Break
- 3:15 PM Full body spa style MLD
- 5:15 PM Adjourn

Day 4: (Independent Post Course Assignment): Completed within 3 months of the completion of the classroom portion.

### PRE-COURSE ASSIGNMENT:

Pre-course Forms will be sent to participants at the time of registration and should be completed and returned to the instructor at least one week before the start of the course.

These forms include:

- Survey on compression options you are currently using
- Case studies (one to two per participant). The case studies should include patients you treated that did not obtain the results you wanted or the complexity presented special challenges; this is a chance for group problemsolving and learning from each other.
- Survey on manual lymphatic methods you have learned that you feel are unique.
- Survey on skin care methods and products
- Student proposal for PowerPoint presentation requirement.

### POST COURSE ASSIGNMENT:

Completed within 3 months of the completion of the classroom portion. The Post-Course assignment consists of preparing a 1 hour PowerPoint presentation about a lymphedema topic and presenting that topic to a group (minimum of 4) of peers; presentation attendees should include PT, PTA, OT, OTA, RN, LPN, MD, DO, MA, or LMT. The PowerPoint must be uploaded to the UWM drop box to be reviewed and graded.

PROGRAM NUMBER: 10403

CEUs: 3.4 (Contact Hours: 34 hours)

PRICE: \$615 (before/on 1/15/18)  
 \$665 (after 1/15/18)

LEVEL: Advanced

LOCATION: UWM School of Continuing Education  
 161 West Wisconsin Avenue  
 Milwaukee, WI 53203

## QUESTIONS? CONTACT US