COURSE DATE: May 3 - 4, 2019

Register Online: http://bit.ly/ce11908

TITLE: Lymphatic Drainage Massage and Edema Management

DESCRIPTION: This course in an intensive classroom and lab course that teaches the role of the lymphatics in edema management, immunology and detoxification and hands on techniques to engage the lymphatics for treatment benefit. Lab time will focus on proper methods to stimulate the lymphatics to work faster than baseline rate to perform these functions. Learners will complete the course with a deep understanding of this intriguing system and how to use it in treatment. Lymphatic Drainage massage can be used in many areas of treatment from subacute edema management to chronic congestion of tissues. This course will focus mostly on subacute edema, detoxification, recovery and overall lymphatic health.

OUTCOMES:
- Understand lymphatic system anatomy and physiology and be able to describe them
- Understand the role of the lymphatic system in regard to subacute edema, detoxification, recovery and overall lymphatic health
- Understand the differences between normal lymphatic system treatment and dysfunctional lymphatic system treatment
- Be able to perform lymphatic drainage massage work on individuals with normal lymphatics
- Know when to refer someone to a certified lymphedema therapist
- Be able to perform full body lymphatic drainage massage techniques using the Moortikala (sculpting) or Akara (sculpt) method

INSTRUCTOR: Mike Bond, MS, PT, CLT, CIDN
Mike Bond, MS, PT, CLT, CIDN has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual / manipulative therapy, soft tissue mobilization, deep tissue work, injury rehabilitation, myofascial release (MFR), cupping, electro therapies, dry needling and elastic 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 cash based business serving predominantly athletes. In addition to treating patients, he supervises the work of numerous staff that have been trained in various manual therapy courses and 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 painful, dysfunctional and edematous client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings from acute care to private practice. He is very active in treating, consulting, and teaching about soft tissue dysfunction, edema and lymphedema wherever and whenever he finds a place for it. He joined the staff at UWM in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management course, Lymphedema 2: The Next Level, Lymphedema 3, Manual Edema Mobilization, MFR, and Deep Tissue Injury Rehab Courses and Dry Needling. He is invested in this education due to both personal and professional reasons.

LEVEL: Introductory

AUDIENCE: OTs, OTAs, PTs, PTAs, and ATs, LMTs, RN, LPN
AGENDA:

DAY ONE
7:30 AM  Registration Opens
8:00 AM  Lymphatic Anatomy
10:00 AM  Break
10:15 AM  Lymphatic Anatomy / Physiology
12:30 PM  Lunch (on your own)
1:30 PM  Lymphatic Node areas (drainage) / D-Breathing
3:00 PM  Break
3:15 PM  Lymphatic Pathways Trunk / Pre-work
4:30 PM  Lymphatic pathways extremities
5:30 PM  Adjourn

DAY TWO
8:00 AM  Lymphatic Pathways Trunk / Extremity Finish
10:00 AM  Break
10:15 AM  Demo LDM
12:30 PM  Lunch (on your own)
1:30 PM  Give / Receive LDM
3:00 PM  Break
3:15 PM  Give / Receive LDM
4:45 PM  Q&A and wrap up
5:30 PM  Adjourn

COURSE # 11908

PRICE:  $500 before 4/4/2019 $550 after

CEU’s / Clock Hours:  1.6 CEUs (16 Clock Hours)

LOCATION:
Rocky Mountain University of Health Professions
122 East 1700 South, Bldg 3
Provo, UT 84606

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